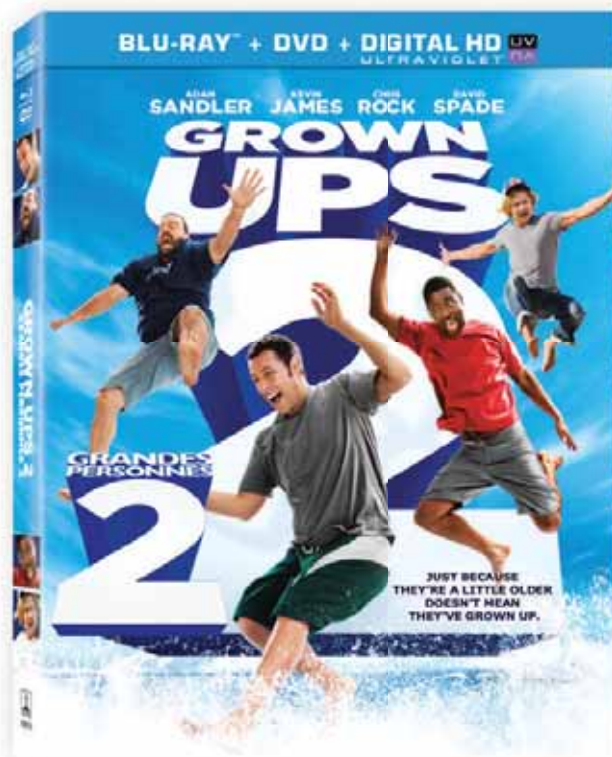


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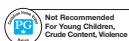
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## TEMP AS ESCORT

IN WHICH SHANNON TAKES A CLIENT TO MISTER MCFUNBURY'S **PAGE 14**



## Ousted president resurfaces

Egypt's Mohammed Morsi defiantly rejects court's authority, saying those who overthrew him should be on trial **PAGE 9**

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# Poppy Fund thefts raises the alarm

## Cause hit by crooks.

Money raised used to aid veterans, their families



JEREMY  
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With a week to go until Remembrance Day, veterans' advocates are struggling to comprehend a rash of thefts involving Calgary Poppy Fund donation pots.

Joey Bleviss, the fund's chief officer, said Monday he was aware at least 15 pots pilfered from city venues, including gas stations, convenience stores and a downtown hotel.

"I'm not happy about it," said Bleviss, who became chief officer in 2010. "I don't know what the cause of it is — since I've been on the job this is the worst it's been."

He estimated close to \$1,000 was taken in the thefts, but added an exact figure would likely never be known as the donation pots typically aren't opened

## Quoted

**"From my point of view, it takes a special lowlife to grab a poppy can and take it."**

Doug Boyd, branch manager of the Legion Centennial branch No. 285

until they're returned to headquarters.

Last year, more than \$2 million in cash and food donations was raised during the campaign. Funds raised are put towards shelter, food, cost-of-living expenses, medication and transportation for veterans and their families.

Bleviss said police have been notified of at least a few incidents, but also noted others never get reported.

The Calgary Police Service had not responded to an inquiry about the thefts at press time.

The Poppy Fund campaign formally launched Oct. 25.

Calgary trustees with the Royal Canadian Legion were scheduled to meet this week to share campaign up-

dates.

Doug Boyd, branch manager of the Legion Centennial branch No. 285, said "several" of the pots distributed by his group were stolen. Boyd acknowledged thefts occur every year but agreed with Bleviss the intensity of this year's looting wasn't typical.

"From my point of view, it takes a special lowlife to grab a poppy can and take it," Boyd said. "If you need money that bad, maybe come and see us. 'We'll see what we can do.'"

Last year, the Centennial Legion group alone raised \$255,000. Boyd said it's important work, given it's the only time fundraising for veterans is done.

Meanwhile, Phil MacAulay, head of the No. 1 Legion downtown, had just learned Monday of two thefts in his fundraising zone and he was curious to know how his colleagues had fared so far.

MacAulay expects more thefts to be reported between now and Nov. 11.

"They're going to get more of them," he said.

WITH FILES FROM BRYAN WEISMILLER



Joey Bleviss, chief administrative officer of the Calgary Poppy Fund, is frustrated after thieves snatched a number of donation pots like the one he's holding from spots around the city. JEREMY NOLAÏS/METRO

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Municipal affairs

## Oil bounty 'sucks the life' out of Alta.: Minister

Alberta's municipal affairs minister is defending his comment that the province's energy wealth "sucks the life" out of everything else. Doug Griffiths made the remark while speaking in P.E.I. a month ago on a book tour.

The Opposition Wildrose Party has made available a YouTube video of what he said. The party calls it a slap in the face to Alberta's oil and gas industry.

Griffiths has told the house the quotes were part of a statement promoting rural development and calls the attack a "smear."

His exact words were: "Everyone thinks it's a benefit and a bonus because we have such a dominant commodity, but you know that sucks the life out of every other aspect of Alberta." **THE CANADIAN PRESS**

Edmonton

## \$3B super-lab for medical testing still a go: Horne

Alberta Health Minister Fred Horne stepped in Monday to clear up a confusing tweet from the president of Alberta Health Services on the fate of the proposed privatized \$3-billion Edmonton medical super-lab.

Just days after Duncan Campbell tweeted that the lab will not proceed with its bid process pending further consultations, Horne told reporters that's not the case. "Nothing has changed. We're still moving ahead with a request for proposals for a single lab facility to serve Edmonton and northern Alberta."

**THE CANADIAN PRESS**



This concept drawing was produced in 2007 as part of a package detailing Mount Royal University's proposed Library and Learning Centre. METRO FILE

# MRU to get funds for \$85M library

### Leaked email.

School president says announcement will be part of a 'great day'



JEREMY NOLAÏS

jeremy.nolais@metronews.ca

Calgary's Mount Royal University will reveal Tuesday it has finally received the necessary funds to construct its \$85-million Library and Learning Centre.

An email obtained by Metro that was sent from institution President David Docherty to staff Monday afternoon indicates the province has

committed the remaining dollars to complete the project, which intends to triple study space for students, double the space for book collections and add more than 600 classroom seats.

Docherty said in the email the new library will be "incredibly exciting" for students, faculty and staff.

"After years of planning and dreaming, they will have a university-level facility designed for intellectual exchange and academic excellence," he said.

The library was initially proposed in 2007 and was viewed as being necessary for Mount Royal's transfer from college to university, but the school went ahead with that

### New name

Mount Royal University President David Docherty said the school's new library will formally be known as the Riddell Library and Learning Centre, to recognize a donation from Calgary's Riddell family.

transition in 2009 without funding for the project.

After the provincial budget was handed down last March, the school officially suspended plans for the project after only \$30 million was allocated over three years.

Docherty, however, had been optimistic in recent

months that the funding would arrive in time to get shovels in the ground by next spring and then formally open the centre in 2016.

Wolfgang Knox with the Student Empowerment Committee said while he supports the new library project, it doesn't undo the damage done by March's budget cuts.

"It only makes more sense to be increasing funds for operations," he said. "What are you going to do when you build a library that less people are going to be able to use?"

Mount Royal has announced plans to cut enrolment by 10 per cent in response to inadequate provincial funding.

# Drivers charged in 3 car-LRT crashes



Sgt. Colin Foster said he's heard "every single excuse" for why three people allegedly ran red lights and collided with C-Trains. BRYAN WEISMILLER/METRO

Calgary Transit and police pointed squarely at drivers Monday for a trio of car-LRT crashes that have caused major delays and hundreds of thousands of dollars worth of damage in recent days.

Sgt. Colin Foster of the Calgary police traffic section didn't mince words as he told reporters the drivers have been charged for running red lights in all three cases.

"Trains won't get out (of) your way," Foster said Monday.

"If you go through a red light you're going to have a collision — end of story."

Rail service was halted earlier in the day when an LRT car plowed into a car on 3 Street near 7 Avenue S.W. On Friday, two cars were crunched by C-Trains in separate incidents occurring within a six-hour span at the intersection of 4 Avenue and 9 Street.

Calgary Transit officials estimated the damage in each

case to be between \$150,000 and \$200,000.

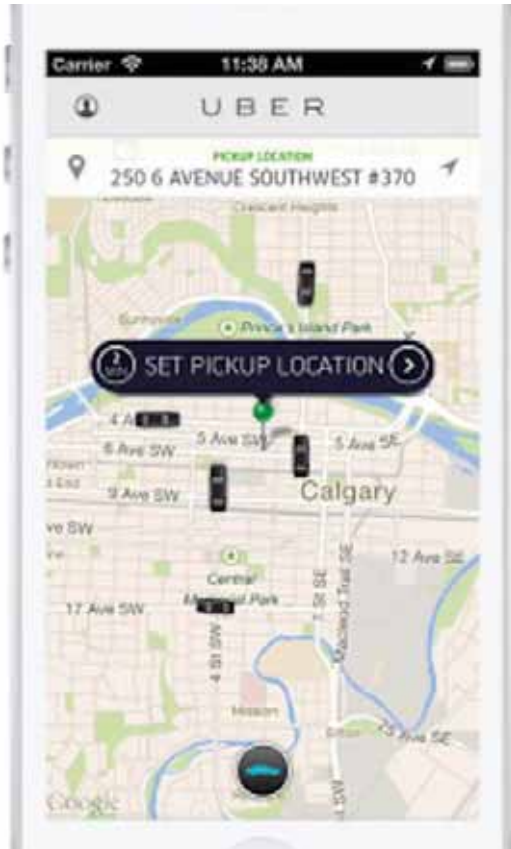
Transit director Doug Morgan told reporters his department would need more cash from city council should collisions continue.

Still, Morgan maintained that such smash-ups are "few are far between."

"More importantly, it's the safety of the folks on that train and in the car that we're concerned with," he said.

**BRYAN WEISMILLER/METRO**





Uber, an app used to hail high-end luxury vehicles, has stirred a great deal of criticism from city livery-service officials. METRO FILE

# Illegal limousines cashed in on Uber deal, city alleges

**'Extreme risk.'**  
City renews fears for luxury-passenger safety



**JEREMY NOLAÏS**  
jeremy.nolais@metronews.ca

City of Calgary officials will take a small luxury-vehicle broker to court amid allegations it was operating illegally the same weekend the creators of a smartphone app were offering free rides.

Marc Halat, the city's chief livery officer, said his department was first alerted to the issue after an Uber user posted a picture to Twitter of a vehicle she'd just taken a ride in.

From Wednesday to Sunday, the creators of Uber of-

fered to cover the \$78 charge for passengers using their app to hail a sedan, stretch limo or other luxury vehicle.

But Halat said neither the car in the photo nor its driver were licensed to operate in the city. Upon further investigation, the city learned Executive Limousine had rented and painted at least 20 vehicles in hopes of cashing in on the Uber offer.

"It was a good buck to be made obviously.... The broker will likely be required to make a court appearance," Halat said.

"I think there has to be clear representation that he subjected the public to an extreme risk. Could you imagine if that was your daughter? We don't know what the insurance was, who the driver is."

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An Executive Limousine driver who is facing charges could be slapped with a \$1,500 fine for allegedly operating an unlicensed luxury vehicle on the weekend.

Uber already indicated on Sunday that its trial run in Calgary was over and it likely won't return until the city's "antiquated" rules are changed. The app maker specifically complained about a minimum \$78 charge, which city officials say protects operators of lower-cost taxis.

A statement from the organization on Monday said it removed a "local supplier" from its system immediately after learning it was operating illegally.

## Board motion

### CBE may see total procedural review

Calgary's public-school trustees will examine everything from the start times of their meetings to whether they are conducting too much business in private if a motion is adopted Tuesday to form a committee.

The proposal, brought forward by Calgary Board of Education trustee Trina Hurdman, calls for the establishment of a three-member committee to examine board procedure.

Last term, the CBE faced an onslaught of criticism from those claiming they were doing too much work out of the public eye. Some parents also criticized a move to start trustee meetings at 3 p.m.

Some of the figures taking shots at the previous board, including Hurdman herself, were elected in the Oct. 21 municipal ballot.

Hurdman's motion calls for the committee to report back with suggestions to improve practices no later than Dec. 17. **METRO**

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# Feds funding study into minor-hockey concussions

**Research.** Almost \$2.5M for U of C academics

**BRYAN WEISMILLER**  
calgary@metronews.ca

University of Calgary researchers were handed nearly \$2.5 million Monday to study concussions in minor hockey.

Federal Health Minister Rona Ambrose made the announcement inside a hockey arena at Canada Olympic Park where she told repor-

ters the funding will go to the "best and brightest in the field."

A total of \$7.5 million in funding was announced for 19 new research projects, including three at the U of C. The funding comes from the Canadian Institutes of Health Research and partnering groups.

Calgary Flames president of hockey operations Brian Burke, who introduced Ambrose, said hockey injuries run the gamut from head-to-toe, stressing hockey re-

## Quoted

**"The reality was many, many times you'd get hit and now we know they were concussions."**

Former Calgary Flame Jamie Macoun

mains "a full-contact sport."

"That's why many of us played the game but that doesn't mean we can't better identify and treat concussions," Burke told reporters.

Two-time Stanley Cup winner Jamie Macoun looked back at his rough-and-tumble NHL career in stressing the importance of concussion research.

"You'd be icing your shoulder and you'd be icing your hands but rarely ever did we ice our heads and the reality was many, many times you'd get hit and now we know they were concussions," said Macoun, who played defenceman when the Flames won their only NHL title.



Federal Health Minister Rona Ambrose speaks to young hockey players prior to announcing new federal funding. BRYAN WEISMILLER/METRO

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## New city council selects committee members for upcoming session

Calgary's new city council selected the members of its four main standing policy committees Monday.

The committees serve as an initial point of contact with elected officials for city administration and members of the public and a place for preliminary debate on proposed bylaws, policy amendments, and other issues.

Coun. Diane Colley-Urquhart will chair the com-

munity and protective services committee, with Coun. Andre Chabot as vice-chair and Couns. Shane Keating, Joe Magliocca, Richard Pootmans, Jim Stevenson and Ward Sutherland as members.

Chabot will also chair the planning and urban development committee, with Sutherland as vice-chair, and Pootmans, Colley-Urquhart, Magliocca, Coun. Druh Farrell and Coun. Gian-Carlo Carra as

members. Keating will chair the transportation and transit committee with Carra serving as vice-chair and Couns. Sean Chu, Ray Jones, Peter Demong, Brian Pincott and Evan Woolley as members.

On the utilities and corporate services committee, Jones will serve as chair with Demong as vice-chair and Chu, Farrell, Pincott, Stevenson, and Woolley as members.

ROBSON FLETCHER/METRO

## Innisfail

### Trial date set for man accused in bombing death

A man charged in the bombing death of a single mother in central Alberta is to stand trial in early 2015.

Brian Malley is charged with first-degree murder in the death of Victoria Shachtay, who died in 2011 when a package delivered to her apartment exploded.

THE CANADIAN PRESS

## Crossfield. Child injured in school bus crash awake in Calgary hospital

A five-year-old boy injured in a school bus crash in southern Alberta is out of intensive care in a Calgary hospital.

Crossfield Mayor Nathan Anderson says the child is awake, no longer on a ventilator and opening his eyes.

Two other students who were also sent to hospital with critical injuries were sent home

last week.

The bus collided with a large pickup truck at a rural intersection near the town of Crossfield on Oct. 25. The front end of the bus was crushed and the vehicle ended up against a guardrail in a ditch.

Six other children and the bus driver were less seriously injured. THE CANADIAN PRESS





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# Calgary startup looking to hire contractors with autism

## Business model.

Similar companies exist in the United States and Belgium, but CEO says Meticulon 'breaking new ground' in Canada



**ROBSON FLETCHER**  
robson.fletcher@metronews.ca

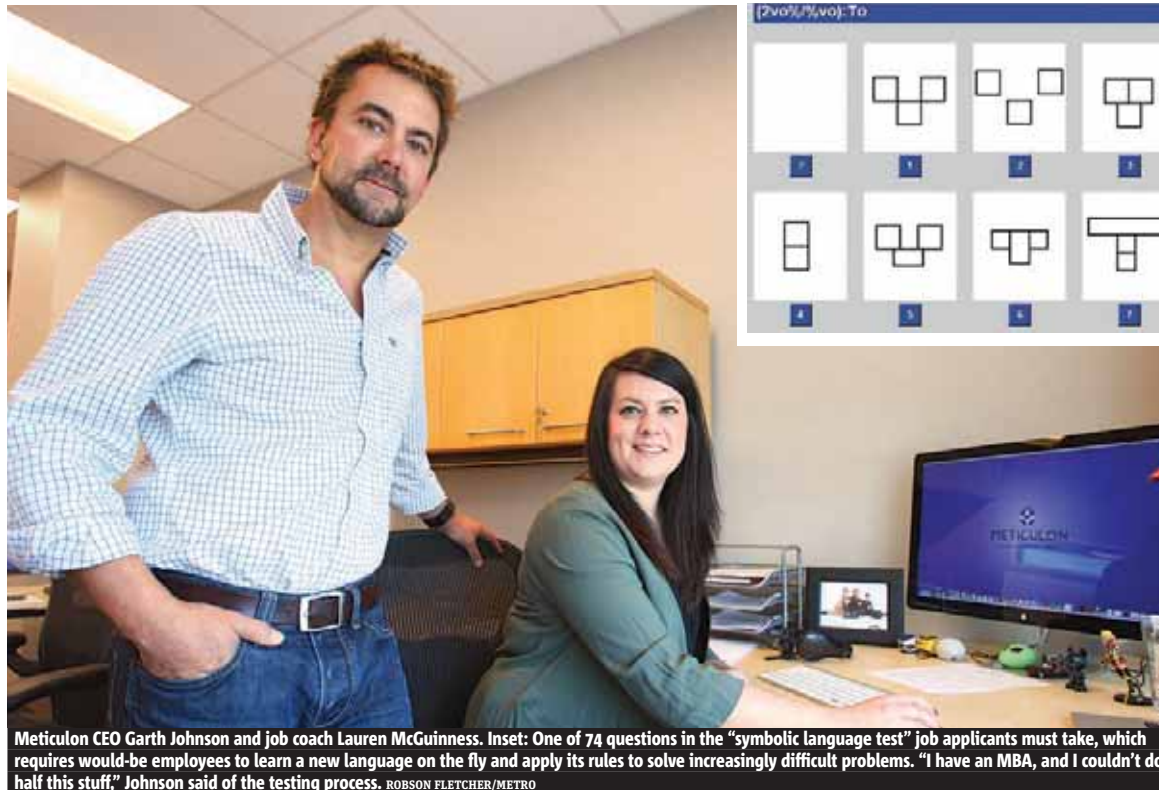
Jay Serdula came to Calgary from Kingston, Ont., hoping to land a job at Meticulon, a local startup looking to break into the field of software test engineering.

After an initial one-hour interview, Serdula made it to the next phase of the hiring process — a gruelling, six-hour series of logic, math and language tests.

And he loved every minute of it.

"I found it fun," said Serdula, 41, who was diagnosed with Asperger syndrome at age 26 and, like many people on the autism spectrum, demonstrates a knack for detail-oriented tasks.

"People with autism have that ability, often, to see problems and errors in a way that we don't, and enjoy doing that again and again and



Meticulon CEO Garth Johnson and job coach Lauren McGuinness. Inset: One of 74 questions in the "symbolic language test" job applicants must take, which requires would-be employees to learn a new language on the fly and apply its rules to solve increasingly difficult problems. "I have an MBA, and I couldn't do half this stuff," Johnson said of the testing process. ROBSON FLETCHER/METRO

again," said Meticulon CEO Garth Johnson, a former executive with stock photography sites Fotolia and iStockPhoto, and father to a

son diagnosed on the autism spectrum.

"I've always had an interest (in autism)," Johnson said. "I was looking for kind

of an overlap, career-wise, between my tech background and this."

Meticulon, with its staff of four people hired just this

summer, currently exists as a sub-project of Autism Calgary, with funding from the Sinneave Foundation and other partners. Johnson said

the operation is fully funded for five years, but the goal is to eventually be financially self-sustaining.

The Meticulon model is to recruit people on the high-functioning end of the autism spectrum like Serdula — who holds a bachelor's degree in applied mathematics and a master's in physical oceanography — and keep them on staff as consultants to hire out as contractors, largely to software developers but also in other fields like banking.

People with autism are often more effective than "neurotypicals" in jobs related to data management, verification, and digitization, Johnson added, yet many remain "massively underemployed" due to their "inability to read social cues."

That can present challenges in both landing and keeping a job, he said, which is why Meticulon will focus on continuous job coaching for its contractors.

Serdula was the first applicant to go through the testing process, which Meticulon is now undertaking in earnest.

"Our goal is to employ 44 people by the end of year five," Johnson said. "I actually think we can exceed that."

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## Diagnosis

### Autism more fully defined through diversity than mere disability

Lyndon Parakin has two children on the autism spectrum and serves as the CEO of Autism Calgary, but still struggles to answer when asked exactly what autism is.

"It's classed a neurological disability," he said, trotting out the textbook definition. "Neurodevelopmental, actually, is the term that is more often used."

But, he quickly noted, that answer doesn't tell the whole story, given the complexity of the disorder and the unique way it manifests in each individual.

"It's not necessarily an intellectual disability,"



Jay Serdula, 41, was diagnosed with Asperger's syndrome at age 26. ROBSON FLETCHER/METRO

Parakin said. "They actually may measure very high in IQ, but they still may have challenges with what the psychologists call executive functioning ... some people may become overly focused on details when they don't need to be."

Another common manifestation is difficulty understanding social situations, something Jay Serdula

said he struggled with as a teenager and young adult, before being diagnosed on the spectrum and learning to adapt his initial instincts to better fit in with "neurotypicals."

"If someone looks fat, you don't tell them that," said Serdula. "But (people with autism) don't follow those rules. They tell the truth."

Parakin said it's unfortunate but understandable that a lot of the support systems for people with autism come from a "deficit-based" approach, and he hopes the mindset will continue to evolve.

"Rather than saying a neurodevelopmental disability, we could just talk about neurodiversity," he said. "That would be a wonderful culture and language."

ROBSON FLETCHER/METRO

# 54 Canadians snared in child-porn sting with fake 10-year-old girl

**Webcam child-sex tourism.** Researchers created a 3D animation of the girl to convince the men she was a real child

A sting operation has turned up dozens of Canadians among thousands of adults willing to pay to watch a 10-year-old Filipino girl perform sex acts on a webcam, an international children's rights group said Monday.

The group Terres des Hommes, operating out of Amsterdam, said 54 Canadians were among more than 1,000 adults from 71 countries identified during the 10-week project.

"It's frightening to see that these people think that the Internet is a completely lawless space," said one of the

**Predators**

In all, the researchers identified more than 1,000 predators — including 254 Americans and 110 Brits.

- They said they would have been able to ID far more if they had more time and resources.

researchers for the group, who identified himself only as Peter for fear of reprisals.

"The most shocking part of this — aside from the horrific child-abuse material that we were sometimes sent — was just the fact that it was so easy to catch these people. They have zero risk perception."

Detailed identification information was in the hands of Interpol for passing on to national law-enforcement authorities to investigate, Peter

told The Canadian Press from Amsterdam.

Canada's Criminal Code prohibits accessing child pornography and child prostitution, so the law should be adequate for prosecution, the group said.

In all, 20,172 adults offered to pay between \$1 and \$100 using untraceable prepaid credit cards to have "Sweetie" perform a sex show via webcam — despite being told at least twice that she was only 10.

Until now, Peter said, he believed police had a good handle on webcam sex tourism. The project has shown that's not the case, he said.

The group has posted a documentary about its investigation on YouTube — youtube.com/sweetie — and begun a petition aimed at pressing authorities and politicians to do more to halt such illegal sex shows. **THE CANADIAN PRESS**

## First appearance in months. Egypt's ousted president defiant in court

After four months in secret detention, deposed president Mohammed Morsi defiantly rejected a court's authority to put him on trial Monday, saying he still was Egypt's leader and that those who overthrew him should face charges instead.

The trial, which was interrupted twice on its first day by shouting in the raucous courtroom, was then adjourned until Jan. 8 to allow lawyers time to review the case against Morsi and his 14 co-defendants — all prominent members of the Muslim Brotherhood.

Morsi, Egypt's first freely elected president, had been held at an undisclosed location since the military ousted him in a coup July 3. His appearance in court represented a step by the military-backed authorities toward granting him due process in the face of mounting criticism by rights groups.

Morsi and his co-defendants face charges of inciting the killing of protesters who massed outside the presidential palace

### Morsi in court

The 62-year-old Morsi, who wore a dark blue suit, light shirt and no tie, was feisty and healthy-looking during his court appearance.

- He refused to wear a prison uniform as part of his rejection of the trial's legitimacy, according to security officials.

in December and demanded he call off a referendum on a new constitution drafted by his Islamist allies. Brotherhood members attacked a sit-in by the protesters, sparking clashes that left 10 people dead.

"This case (of violence) is a turning point and the beginning of the downfall of Morsi," said Ragia Omran, a civil lawyer who represents two of the victims. If convicted, Morsi and the other defendants could face the death penalty.

**THE ASSOCIATED PRESS**

### Budapest

## Hungarian lawmaker admits beating partner

Hungarian prosecutors said Monday that independent lawmaker Jozsef Balogh, who claimed his partner had injured herself after tripping over their large dog, had confessed to punching her in the face, grabbing her hair and slamming her head against wooden terrace railings.

**THE ASSOCIATED PRESS**

### T-shirts for action

## U.S. actors protest Russian ban on gay 'propaganda'

Actors Jonah Hill, Jamie Lee Curtis and Kristen Bell are among a batch of celebrities donning Russian-language "Love Conquers Hate" T-shirts to show support for gays in Russia alarmed by a new law banning pro-gay "propaganda."

**THE ASSOCIATED PRESS**



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# Anonymous demands RCMP officer be fired

**Hactivism.** Notorious online group threatens to release personal info about Mountie who appeared to utter slur during New Brunswick anti-fracking protest



LUKE SIMCOE  
Metro Online

The hacktivist group Anonymous is demanding an RCMP officer who was caught on video appearing to utter a racial slur during anti-fracking protests in New Brunswick be fired.

Two weeks ago, members of the Elsipogtog First Nation and opponents of shale gas development clashed with police in Rexton, N.B. Five police cruisers were destroyed and dozens of protesters were arrested.



A police vehicle is seen in Rexton, N.B., as police began enforcing an injunction to end an ongoing demonstration against shale gas exploration in eastern New Brunswick on Oct. 17. ANDREW VAUGHAN/THE CANADIAN PRESS FILE

The event drew the attention of Anonymous, who launched #OpFrackOff in support of the protests. The group has previously become involved in other high-profile Canadian cases, including Idle No More and the death of Reh-

taeh Parsons in Nova Scotia.

This time, Anonymous has focused on an RCMP officer who appears in a video to utter a derogatory slur while confronting Mi'kmaq activists on Oct. 17. In the video obtained by the group, an unidentified

Mountie can be heard telling protesters that "Crown land belongs to our government, not to f—ing Natives."

In documents posted online, Anonymous has threatened to release personal information about the offending officer unless he is fired by the RCMP.

Const. Julie Rogers-Marsh of the New Brunswick RCMP confirmed that one of their officers uttered the slur. She said as soon as the Mounties became aware of the incident, the officer in question was sent home and an internal investigation was launched.

"We took action immediately," she said. "This type of behaviour is unacceptable and it's taken seriously by the RCMP."

Rogers-Marsh would not say what disciplinary measures might be taken, nor would she confirm whether the results of the investigation would be made public.

## Toronto. Ford theatre has some applauding, others searching for the exit

Canada's largest city remained divided over its embattled mayor Monday after a public apology from Rob Ford failed to quell the controversy over an alleged crack video.

While some saw his words as the push needed to move past a long-running drug scandal, others said little had changed for Toronto.

After first saying he was sorry on his weekend radio show, the mayor took to the airwaves again Monday morning to repeat his apology for public drunkenness and texting while driving.

As before, however, Ford dodged questions about the alleged video that appears to show him smoking crack.

For some Toronto residents, Ford's latest statements did little to change their views.

"Rob Ford's 'apology' sounds to me like just blowing smoke. Never mind what kind of smoke," one person said on Twitter.



Toronto Mayor Rob Ford appears on his radio show in Toronto Sunday. MARK BLINCH/THE CANADIAN PRESS

"How many lies must Rob Ford be caught in before we can officially declare him to be a liar?" tweeted another.

But Ford's supporters continued their staunch defence of the mayor.

"Despite whatever Mayor Rob Ford has done in his personal life, he is still a good mayor and people should leave him alone," tweeted one woman. "The end result is that he is saving tax payers money," said another.

THE CANADIAN PRESS

## Brazeau: 'It can happen to you'

One of three former Conservative senators facing suspension without pay is warning all parliamentarians that the same thing could happen to them.

Patrick Brazeau made a last-ditch appeal to fellow MPs and senators Monday as the government moved to shut down debate on the proposed suspensions and force a vote on Tuesday.

"Colleagues, if this can happen to me, it can happen to you," Brazeau wrote in a letter to all parliamentarians.

"I recommend you have

Looking for closure

### 51-34

The closure motion to shut down debate on the proposed suspensions and force a vote passed by a vote of 51-34.

a lawyer examine all claims you submit before you submit them," Brazeau advised his colleagues. "You may currently believe you are being compliant with (House of Commons) or Senate policy. The rules may

change without your knowledge and you may find yourself kicked out of your caucus, being suspended without pay and being scapegoated in the media as some kind of entitled 'fat cat.'

"This can happen in spite of the fact that you are completely compliant with a given policy. This can happen even though you never submit per diems for lunch and brown bag it every day. Your compliance is irrelevant if internal economy says that it is, as they are above the law." THE CANADIAN PRESS



Sen. Patrick Brazeau arrives at the Senate on Parliament Hill Oct. 30 in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Red tape

### Injured vet says Canada not doing right by its troops

A veteran who suffered multiple injuries when his vehicle rolled over in Afghanistan says the government is failing former soldiers by not providing the care they need.

Cpl. Shane Jones said he wanted to speak out Monday in Halifax because he knows injured vets struggling with bureaucratic red tape. THE CANADIAN PRESS

Montreal

### Airport fire sends five to hospital

A fire on the tarmac at Montreal's Trudeau airport sent five to hospital with minor injuries Monday.

The blaze erupted on a baggage belt unloading a Royal Air Maroc flight arriving from Casablanca just before 5 p.m. Airline personnel chose to evacuate the Boeing 767.

Seven were treated for smoke inhalation, with five of them going to hospital.

THE CANADIAN PRESS

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# India to launch its first mission to Mars

## Space exploration.

If it is successful, the mission will make India one of a handful of countries to reach the red planet

India is aiming to join the world's deep-space pioneers with a journey to Mars that it hopes will showcase its technological ability to explore the solar system while seeking solutions for everyday problems on Earth.

With a Tuesday launch planned for Mangalyaan, which means "Mars craft" in Hindi, India will attempt to become only the fourth space agency to reach the red planet, after successful attempts by the Soviet Union, the United States and Europe.

"We have a lot to understand about the universe, the solar system where we live in, and it has been humankind's quest from the beginning," said K. Radhakrishnan, chairman of the

## To boldly go ...

"We have a lot to understand about the universe ... it has been humankind's quest from the beginning."

K. Radhakrishnan, chairman, Indian Space and Research Organization

Indian Space and Research Organization.

India sees its Mars mission primarily as a "technology demonstration," Radhakrishnan said. "We want to use the first opportunity to put a spacecraft and orbit it around Mars and, once it is there safely, then conduct a few meaningful experiments and energize the scientific community."

Radhakrishnan admits the aim is high. This is India's first Mars mission, and no country has been fully successful on its first try.

Mangalyaan is scheduled to blast off Tuesday from the Indian space centre on the southeastern island of Sriharikota. **THE ASSOCIATED PRESS**



Paramilitary soldiers stand guard near the Polar Satellite Launch Vehicle, which will launch India's first mission to Mars, at the Satish Dhawan Space Center at Sriharikota. ARUN SANKAR K/THE ASSOCIATED PRESS

## Weight loss. Obesity surgery for teens is safe, new study says

U.S. teens seeking weight-loss surgery have a startling number of health problems that used to be seen only in adults, according to a major government-funded study.

Half the teens had at least four major illnesses linked with their excess weight. Three out of four had cholesterol problems; almost half had high blood pressure or joint pain; and many had diseased livers or kidneys.

The study offers evidence that obesity surgery is generally safe for teens, echoing previous short-term research. While it is a drastic, last-ditch option, major complications, including accidental injury to internal organs, occurred in just eight per cent of teens. Less serious complications including bleeding and dehydration affected 15 per cent of kids during the first month after surgery.

The study involved 242 teens who had surgery at five U.S. centres from 2007 through 2011.

Because lifestyle changes and medication rarely work for such obese teens, the study says obesity surgery should be considered for those with related health problems who are psychologically mature enough

## Adults vs. teens

The results of a three-year follow-up on more than 2,000 patients in an adult study of obesity surgery show that:

- Adults generally had fewer obesity-related illnesses than the teens studied
- Gastric bypass surgery, the most common operation in the U.S., resulted in more weight loss and more improvement in related illnesses than stomach banding, as other studies have also shown.

to handle it.

The new results bolster evidence from smaller studies on teens and also suggest teens may do better, at least initially, than adults. Earlier 30-day research in adults found a few deaths after obesity surgery, although the risk was no greater than for other major operations. There were no deaths in the teen study.

**THE ASSOCIATED PRESS**

## Earth-like planets fill our galaxy

Space may be vast, but it isn't that lonely. A new study finds that the Milky Way is teeming with billions of planets like ours, circling stars just like our sun.

Astronomers using NASA data calculate that in our galaxy alone there are at least 8.8 billion stars like

our sun with Earth-sized planets that are not too hot or not too cold.

For perspective, that's more Earth-like planets than there are people on Earth.

They calculated that 22 per cent — slightly more than one in five — of our

sun-like stars have planets similar to Earth in size and temperature. Study co-author Geoff Marcy says that means billions of places for life to develop.

As for what it says about the odds that there is life somewhere out there, it means "just in our Milky

Way galaxy alone, that's 8.8 billion throws of the biological dice," said Marcy.

The study, published in the journal Proceedings of the National Academy of Science, is based on data from NASA's now crippled Kepler space telescope.

**THE ASSOCIATED PRESS**

## Parkour gone wrong?

### N.Y.C. man trapped between buildings

Fire officials say a 19-year-old New York University student may have been trapped between two buildings for as long as two days.

The victim, Asher Vongtau, was rescued on Sunday.

A fire department spokesman says he's in serious

condition at a hospital.

It's unclear how Vongtau got stuck between a five-storey parking garage and a 17-storey NYU dormitory. The spokesman says rescue workers broke through a concrete wall to reach him. He was wedged in an area about six to 18 inches wide.

The fire department says the only way to get to the site is from the roof of one of the buildings. **THE ASSOCIATED PRESS**



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# And the Oscar goes to ... Netflix?

**First the Emmys, now the Academy Awards.** The video-streaming service has its sights set on new movie premieres

Netflix has acquired the first-run rights to a documentary on the Egyptian protests in Cairo's Tahrir Square, signalling a new

push by the subscription company to program movie premieres.

The Square will debut exclusively on Netflix early next year, Netflix announced Monday. Jehane Noujaim's documentary depicts the tumult of the Egyptian Revolution beginning in 2011.

The Square is playing in New York and Los Angeles theatres. The short theatrical run

## Lofty ambitions

**Netflix execs said the company would seek to add "broadly appealing documentaries."**

In a letter to shareholders, the streaming service said it would expand its growing library of original content beyond shows like the Emmy-winning House of Cards.

will qualify the film, an award-

winner at the Sundance and Toronto film festivals, for Oscar consideration.

Netflix tried earlier to get into the first-run film distribution business with its indie label, Red Envelope. Several notable documentaries and independent films were co-produced by Netflix when it was just a DVD-by-mail business. Red Envelope was shuttered in 2008. **THE ASSOCIATED PRESS**



The Square will debut exclusively on Netflix. With an Emmy under its belt, the company now seems focused on adding an Oscar. NOUJAIM FILMS/THE ASSOCIATED PRESS

## Random biz fact of the day

# 1 in 3

1 in 3 employers rejected candidates based on something they found about them online.

BEHIRING/NEXCAREER

## Gay rights

**Following uproar, Barilla pledges to improve diversity**

Italy-based pasta maker Barilla is pledging to improve diversity after protests were sparked by an executive's claim the company would never feature ads depicting gay families.

In September, gays and others raised calls to boycott Barilla products, which include cookies and bread. Many of the company's ads depict heterosexual couples with children gathered for meals. The calls were particularly strong in the U.S., where sales account for 10 per cent of Barilla's revenues. Barilla says new ad campaigns are planned.

THE ASSOCIATED PRESS

## UN dietary guidelines

**Nestlé products to have less salt**

The world's biggest food and drink company is pledging to speed up making hundreds of products with less salt to honour new U.N. dietary guidelines.

Swiss-based Nestlé says further cuts in salt would be made in all its food brands worldwide in keeping with the World Health Organization's new guideline earlier this year that adults should limit salt intake to no more than five grams per day.

THE ASSOCIATED PRESS

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Our sessions are free and range in topic and timing. Details on all our sessions can be found on the events calendar at [sait.ca](http://sait.ca). Here are just a few we're offering this month:

**INSTRUMENTATION ENGINEERING TECHNOLOGY**  
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**Join us Tuesday, November 5 at 7:00 pm in Room KA337 in the Johnson Cobbe Energy Centre. Call 403.284.8451 or Email [energy.mse@sait.ca](mailto:energy.mse@sait.ca) to confirm your attendance or for more information.**

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## IPO. Young adults cool on buying Twitter stock

Twitter faces skepticism from potential investors and the broader public ahead of its initial public offering, according to an Associated Press-CNBC poll released Monday.

Twitter plans to make its Wall Street debut this week and, surprisingly, 52 per cent of people ages 18 to 34 say investing in the company's stock is not a good idea.

Some 36 per cent of Americans say buying stock in the seven-year-old short-messaging service would be a good investment, while 47 per cent disagree. Last May, ahead of Facebook's IPO, 51 per cent of Americans said Facebook Inc. would be a good investment. Just 31 per cent didn't agree.

THE ASSOCIATED PRESS

## Fundraising effort

# \$1.6B

Twitter Inc. will begin trading on the New York Stock Exchange on Thursday morning. As it stands, the company plans to raise as much as \$1.6 billion in the process.

## Waterloo, Ont. BlackBerry hires turnaround expert

A well-connected U.S. tech industry veteran with a track record on turnarounds, John Chen has been named to lead troubled Canadian mobile telecommunications giant BlackBerry Ltd., the company announced Monday.

As executive chairman, Chen will be responsible for its strategic direction, strategic relationships and organizational goals, the Waterloo, Ont.-based company said.

The move came as BlackBerry failed to attract a buyer for the company by Monday's

deadline, throwing its future into doubt.

Its largest shareholder, Fairfax Financial Holdings, along with other investors, has thrown it a \$1-billion US lifeline through the purchase of convertible debentures.

But more change is coming. Chen will also become interim chief executive officer when the debenture deal closes, likely in two weeks, while the company searches for a successor to departing CEO Thorsten Heins, the company said.

TORSTAR NEWS SERVICE



John Chen will replace BlackBerry CEO Thorsten Heins on an interim basis. RICHARD DREW/THE ASSOCIATED PRESS

## Market Minute

**DOLLAR**  
95.99¢ (+0.09¢)

**TSX**  
13,361.73 (+24.27)

**OIL**  
\$94.62 US (+1¢)

**GOLD**  
\$1,314.70 US (+\$1.50)

**Natural gas:** \$3.44 US (-4¢)  
**Dow Jones:** 15,639.12 (+23.57)





## Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 2

metronews.ca/temp

### Hipster for hire

Yeah, I work...  
at perfecting  
the creases on my  
distressed denim

British Columbia's provincial government got a lot of attention in 2012 for transit ads declaring "hipster is not a full-time job."

The jury is still out, but it can certainly be a lucrative temp job.

Modelling agency Voltage Entertainment placed a Vancouver Craigslist ad Oct. 8, looking for the face of brand ambassador "Hipster Randy."

Said hipster would be paid \$2,500 a month and be on call for whenever the newest vintage clothing, vinyl record, craft brewing, organic farming operation needs a hunky, unshaven, flannel-clad, thick-framed-glasses-wearing man to give them instant "too cool to care" street cred.

Whatever.

MATT KIELTYKA/  
METRO



# Temp Accepts a Slightly Random Date with Chinese Guy

Today was Thursday. In the future, every day of the week will be Thursday. We're all going to be working to the grave and we all know it so days of the week will be meaningless. I call it Perm Thurs — I just happened to the future before most people. Perm Thurs isn't totally bad, but without the Internet it would be truly horrible.

My morning highlight was when Kyle the bike courier showed me his new forearm tat, a bleeding dagger, which sounds cliché but it was actually kind of hot, even though Kyle's not my type. Everyone in the office thinks we're some Big Item, and when we flirt everybody turns into gum-chewing zoo visitors staring at the chimp cage hoping something frisky transpires.

Then the day quickly went sideways. First, my daily ride home bailed on me — my sister, Amy, who just landed a gig teaching yoga for tweens at the now-empty Barnes & Noble on Route 34.

"Shanny, I hear buses are great these days. Like hotels, practically. You can blog about it — it's free content — you own your bus ride!"

Second, Kevin Taylor's and Andy Kimura's flight back from Beijing was grounded for a day because of a bird flu scare: scheduling mess. Third, there was a Norovirus outbreak at the Bunmeister during yet another lunchtime farewell party.

At 4:30, while I was puzzling over how to bus it home, the Danimal hobbled up to my desk, obviously deeply regretting his Bunmeister's Cheesetastic Meatball-icious sub.

"Dan, maybe you need some of those super-drugs they give to people on cruise liners."

"Shannon, I need you to do some overtime for me — for the company."

**"Look, I'm not talking hookers and blow; I'm talking chicken fingers and 3-for-1 margaritas ..."**

Twice my regular hourly rate? "Sure. What is it?"

"I need you to take a client out for drinks and dinner."

"What? No!"

"Shannon, here's the thing, all of us are dying and this guy has to be taken care of."

"Meaning?"

"Look, I'm not talking hookers and blow; I'm talking chicken fingers and 3-for-1 margaritas at Mister McFunbury's out by the off-ramp that takes you out to the oil refineries. This guy's not high up the food chain, but we can't not do something."

I stared him down. "OK, one: a week of free taxi cabs. Two: cash up front for the food — my cards are all maxed out. Three: drinks, dinner, dessert and goodbye. Two hours max."

"Agreed."

"Who is he, anyway?"

### Random fact of the day

#### Coffee cold this morning?

- You can heat it up with sound energy by yelling at it for eight years, seven months and six days.

SOURCE: MSN.COM



"I think he's the idiot son of one of the engineers who's disassembling one of our lines. Andy says he's the guy who inserts the harpoon so they can reel it all back to Asia."

"Sounds colourful. OK. I'm in."

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# HOW TO LOOK MORE ATTRACTIVE

There are many benefits to surrounding yourself with a great group of friends: Companionship, emotional support, always having someone to drive you home after you've had too many glasses of wine. But did you know that your pals also have the potential to make you appear more physically attractive?

Researchers at the University of California, San Diego, recently conducted a study to determine the validity of the so-called "cheerleader effect." Popularized by on-screen ladies' man Barney Stinson from the TV show *How I Met Your Mother*, the theory suggests that people seem better-looking when seen in a group context. I'll ignore my reservations about why academics are investing time and resources into proving the scientific merit behind the deranged ramblings of a television character, and get to the details.

Psychological scientists Drew Walker and Edward Vul con-



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

ducted five separate experiments among 130 undergraduate students at the university to evaluate how people's perceived beauty might vary depending on whether they're alone or in a group. Participants were asked to rate the physical attractiveness of 100 individuals by looking at a variety of photographs. Sometimes the subjects were shown in a group portrait with two other people, other times the pictures were cropped to show the person alone. Overall, test subjects scored about two percent higher in terms of looks when shown as part of a group. Not an overwhelming beauty-boost, but statistically interesting enough to make me reconsider posting so many selfies online.

While the findings of the study might seem somewhat predictable — people who are socializing with others usually appear happy, confident and thus more appealing than solitary

loners — there's actually a bit more science to this phenomenon. The rationale behind the cheerleader effect has to do with our brain's subconscious tendency to merge facial features when looking at more than one person. We tend to read faces in group settings as ensemble representations and diminish individual's idiosyncrasies in the process. Unattractive characteristics that would stand out if seen in isolation are leveled out to give everyone an average group face. In this case, being average-looking is actually a good thing.

And while the 'cheerleader' label brings to mind acrobatic females in short skirts, the theory actually applies to both sexes. Men and women were consistently regarded as better looking when in the company of two or more people of the same gender.

"Having a few wingmen or women may indeed be a good dating strategy" the researchers are quoted as saying.

"The effect is definitely small, but some of us need all the help we can get," Vul said.

Follow Jessica Napier on  
Twitter @MetroSheSays



## Sharp instincts earn photographer top prize



COURTESY DOMINIKA WYPYCH

### Sixth sense captured with a camera phone

Dominika Wypych, of Sweden, is one of this year's global grand winners of Metro's Photo Challenge with her submission of the Weimaraner that she snapped with her cellphone. This year's challenge entailed capturing a sense — which in this case is the sixth sense. **METRO**

### Quoted

"The picture I took is of my dog, Salsa, who has cancer. This was the day before she was going to surgery and we wanted her to get a run in the woods, even though it rained. Since dogs are smarter than you think, she felt that something was going to happen. I saw it on her. So I wanted to capture the moment and took the picture with my camera phone, because it was really a 'sixth sense' moment." Dominika Wypych, 34, Stockholm

### Shutterbugs

Metro Photo Challenge was introduced nine years ago in Sweden and ran globally for the first time in 2007.

Click metronews.ca for more photo contest submissions.



### Clickbait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

**Archive.org is a rabbit hole of audio, video and literature culled from decades worth of media. Like most rabbit holes, it's hard to know where to start — but it's hard to beat the old-timey charm of 1940s radio programs. Try searching out these to get started.**



POLOGOOMBA/Flickr

**Secrets Of Scotland Yard:** A fantastic true crime series that aired from 1949-51 that's packed with rich British accents, nefarious characters and schemes targeting the crown jewels (of course) and "unsightly" wives.

**Mel Blanc Radio Show:** Mel Blanc, a.k.a. the voice of nearly every Looney Tunes character you've ever seen commit a horrifying act of violence, was handed the reins of his own show in the 40s where he developed an eponymous repair shop

owner who has no business being in that line of work. Special guest stars include sadly obsolete words like "nincompoopery."

**Orson Welles Radio Almanac:**

Readings from Shakespeare, 19th-century newspapers and presidential letters are among the highlights from this 1940s miscellany assembled by a true legend. A D-Day episode that dramatized news of the Normandy landing is essential listening.

### Letters

**RE: Don't Believe Everything You Think, says Metro's Paul Sullivan, published Oct. 30**

While everyone is entitled to their own opinion, I think that publishing this article was in poor taste. Who is he to say what people can or cannot believe in? Just because science has proven that things don't exist, doesn't mean that we can't believe in them. Each and every person thinks and perceives (and believes) things in different ways, so to say to someone 'science proved this to be untrue; change your

belief now,' is really low.

I also noticed that while angels, ghosts and Lucifer were touched upon, God was omitted. Why should you say that I can't believe in eternal damnation but eternal salvation is OK? If he was going to beat down those who believe in ghost and spirits, why not include those who believe in God?

Not to mention that while the article in whole is rude and condescending, the ending paragraph basically tells the readers that he is right and while people are bound to complain, they're nothing but 'trolls.'

**Treasa Betts, Vancouver**

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [calgaryletters@metronews.ca](mailto:calgaryletters@metronews.ca)



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## VILLAGE HONDA

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Tuesday, November 5, 2013

SCENE 17

### DVD review



#### White House Down

Director. Roland Emmerich

Stars. Channing Tatum, Jamie Foxx

The word "excess" obviously doesn't appear in any dictionary owned by Roland Emmerich. There's no such thing as too much of anything to this most bellicose of filmmakers. So White House Down has exactly what you'd expect from the man and from the genre, only louder and dumber. If only he knew what to do with it. Emmerich can't seem to decide whether he's making a cautionary thriller about liberty's need for eternal vigilance or a blows-up-good buddy comedy featuring a bad-luck cop (Channing Tatum) and a badass prez (Jamie Foxx). Other films have car chases. This one has a car chase on the White House lawn, with the president inside an armoured limo brandishing a rocket launcher, trying to escape bad guys by blowing a hole in the iron fence. The only thing missing from this scene is a Dukes of Hazzard soundtrack. Some Emmerich films are dumber than the others, and this is one of the really dumb times.

PETER HOWELL

## Record label's business is all about rocking the cradle

**Rockabye Baby.** CMH Label Group turns your favourite tunes into lullabies for baby — so you can sing along

PAT HEALY  
Metro World News in Boston

Lisa Roth often finds herself giving unlikely advice to musicians who are covering songs by the likes of Black Sabbath, Guns N' Roses, Jay Z and Kanye West.

"A lot of the times it's, 'I want you to produce this like there's a baby sitting in your lap while you're doing it,'" she says.

As vice-president and creative director of the CMH Label Group, Roth oversees a branch of the label that produces the Rockabye Baby series, in which musicians have taken the aforementioned artists and created lullaby renditions of their best-known work.

Roth created the series with co-worker Valerie Aiello in 2006 and she has since overseen more than 50 releases.

This week sees the release of a Nickelback compilation.

"When we developed this idea, no one here had kids," says Roth. "I am not sure we would have thought about lullaby versions of Tool if we did have kids."

For the uninitiated, Rockabye Baby releases are like a private game of Name That Tune that parents can play while their little ones benefit from soothing arrangements of classic tunes. Where a song like the Foo Fighters' Monkey



Lisa Roth, the executive producer of Rockabye Baby. EARLY GIBSON

Wrench in its original incarnation is characterized by its hard guitars crunching up against bombastic drums and Dave Grohl's rock 'n' roll screams, the Rockabye Baby version is an instrumental playground, led by harmonizing glockenspiels and filled out by little bird chirps, rattles and cute honks.

CMH Label Group releases about eight compilations per year, working with a small handful of producers, and Roth says the back-and-forth with a producer for each release could take as long as six months.

"There's a certain amount of training that we have to go through with these people be-

cause it's kind of nuanced: It's not an easy thing to do. I think people have preconceived notions when it comes to a lullaby, as if you should just play quieter and slower, which is not the case at all," she says.

"First of all, we are a record label, not a children's company. The music, whether the consumer notices it or not, means a great deal to us."

Yes, the consumer in question is a baby, one who's unknowingly being introduced to the greatest pop music of the past few decades (yes, there are people who would put Nickelback into that category, sadly).

But the consumer is also the parent who can hear songs



he or she already loves without having to suffer through nonsense by purple dinosaurs or men in brightly coloured turtle-necks.

"I get to spend chunks of my day doing this thing," says Roth, "and listening to music and deconstructing these songs and picking the instruments, and it's like painting a little picture, and trying to do it with utmost deference and respect to the artists so they don't get annoyed."

# 2 SCENE

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# Go ahead, throw your can, he's bulletproof

**Eric Church.** Singer and CMA winner ready to stir up the crowd with metal-fused single, *The Outsiders*, at show

Eric Church isn't sure what reaction he'll get when he plays his new single, the hard rock anthem *The Outsiders*, on Wednesday night during the Country Music Association Awards.

It's the first time he'll play the song in front of the Music Row "establishment" and millions of fans who don't follow him, and he'll be pushing mainstream country music's edge quite a bit further than folks are used to.

"Could be crowd-surfing, could be mosh pits," Church said.

"They could be throwing cans at me."

Few country songs will be so polarizing as the title cut and first single from Church's fourth album, *The Outsiders*. Church sat down recently to talk about his

new album, set for release Feb. 11, his upcoming CMA performance and the freedom he feels success has given him as he prepares to take the next step in his career.

Church's last album, *Chief*, won the CMA and Academy of Country Music album of the year awards, sold 1.5 million copies and changed his career.

The album's success moved him from promising songwriter to arena-filling star. He did it by tapping into the growing hunger for hard rock sounds in country.

Instead of touring extensively this summer, the 36-year-old North Carolina native, who's up for two CMA awards Wednesday, including male vocalist of the year, decided to focus on recording.

He enlisted longtime producer Jay Joyce again and wrote 121 songs for consideration.

They cut that down to the 11 or 12 that will appear on the new album, brought in Church's band and started to bounce ideas off each

other — not at all the way the typical country album is recorded.

"We've had the ability after every record to feel more emboldened by what we did on the last record," Church said as he sat near a fire pit on his land in West Nashville.

"And I think with this one, with the success of *Chief*, we were a little bulletproof."

First up was *The Outsiders*, chosen for its invitation to fringe dwellers to join the circle.

The Black Sabbath-influenced metal moments that mark the song's mesmerizing last minute came during

{(Tagline|)}

**"We've had the ability after every record to feel more emboldened by what we did on the last record."**

Eric Church

a jam with Church on Telecaster and resemble nothing you've heard on country radio.

"If you go past that, it's a cliff," Church said. "Sometimes I feel like we're leaning over it."

THE ASSOCIATED PRESS



Eric Church's new album, *The Outsiders*, will drop Feb. 11. GETTY IMAGES

### What else is on the album?

Some of the most striking moments on *The Outsiders* would seem odd to your local country radio program director. There's a dark trilogy, for instance, that includes a dramatic recitation of the Shel Silverstein poem *The Devil and Billy Markham*. Roller coaster ride actually feels just like one. And album-closer, *The Joint*, is an oddly affecting cross of Tom Waits and J.J. Cale. At the same time, there are several cuts that would make that program director tap his foot. *Cold One* includes a hilarious twist, and there's a run of three love songs in the middle of the album.

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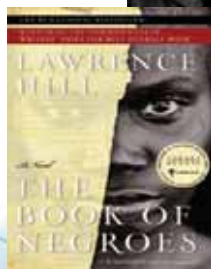
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Lady Gaga ALL PHOTOS GETTY IMAGES

## Lady and the Taylor: Are Gaga and her guy going to call it quits?

Lady Gaga and her Chicago Fire boyfriend, Taylor Kinney, have reportedly split up again, with Kinney citing her "insane workload" as an obstacle they can't get past, according to the Sun. "Taylor has told her she's married to her career and he can't deal with dating Gaga the mega-star and all her obsessions and alter-egos," a source says. "He loves the cool down-to-

earth girl but hardly gets to see her." Seemingly proving Kinney's point, Gaga reportedly wants to address the issue — when she has a spare moment. "Gaga's hoping to meet up with Taylor when their schedule allow to talk things through," the source adds, but "Taylor told her they need time apart, and it's looking as if this might lead to a permanent split."

## Twerkin' nine to five: Dolly doesn't mind how Miley makes a livin'

Plenty of members of the music community have offered Miley Cyrus unsolicited advice on how she's presenting herself, but don't expect Dolly Parton to join the chorus. "If she needs my opinion on something I will surely give it,

and there have been times we've talked," Parton, who happens to be Cyrus' godmother, tells the Standard. "But I would never dream of calling her and saying, 'Well, why are you doing this?' or, 'You shouldn't do this or that.'"

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Did that slo-mo beach dash prep Pam for the real deal?

MELINDA  
TAUB  
Metro World News

Some marathoners can bounce back from a 26.2-miler like it was a walk in the park. Pamela Anderson does not appear to be one of them.

After her outing in Sunday's ING Marathon in New York City, Pamela tweeted a pic of herself covered in ice packs in bed. It's captioned, simply, "Ouch!"

I'm sure Pamela thinks the pain was worth it, though: The Baywatch star, who ran the marathon with her brother Gerry,

raised nearly \$76,000 for the J/P Haitian Relief Organization.

According to the marathon results page, Anderson finished the marathon in 5:41:03 — not bad for a 46-year-old lady who's used to running down beaches in slow motion. Several famous marathoners beat her, though: Fellow beautiful person Christy Turlington bested her by nearly an hour with a time of 4:35:32, while ER and Top Gun star Anthony Edwards, visibly energized on the course by the cries of "Goose!" that I shouted at him, crossed the finish line in 4:45:26.

Of course, the winner, Kenya's Geoffrey Mutai, could have finished the course twice before a single one of these celebs crossed the finish line. So Christy shouldn't get a big head.



Michelle Pfeiffer

## Cult leaders may have tried to recruit a young Michelle Pfeiffer

Michelle Pfeiffer says that she was taken in early in her career by a pair of "very controlling" personal trainers who turned out to be cult leaders — and she didn't realize it until it was almost too late. "I wasn't living with them but I was there a lot and they were always telling me I need to come more," she tells Stella magazine. "I had to pay for all the time I was there, so

it was financially very draining." The truth of the situation dawned on her while helping her first husband, Peter Horton, research a film in which he'd been cast about the Moonies. "We were talking with an ex-Moonie and he was describing the psychological manipulation and I just clicked," she says. "I was in one." She doesn't specify how she got out, though.

### Twitter



@josswhedon  
If I could do karate I probably would



@TheRealRoseanne  
the devil is strong in this world-



@RebelWilson  
I got HEAPS OF paper cuts today opening up a package of bathroom supplies. Such is life.

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3  
LIFE

## Even gods need to feel the burn

**Workout.** As Chris Hemsworth reprises his role in Thor: The Dark World, we speak to his personal trainer, Michael Knight, about how he stays fit

ROMINA  
MCGUINNESS  
life@metronews.ca

"Once you get an actor to their desired shape, the tricky part is keeping them there — a lot of people tend to slack off," says Michael Knight, who's been training with Chris Hemsworth on and off for years.

Yeah, even the star of the new film Thor: The Dark World has a hard time maintaining that Viking god bod.

"Chris is in and out of movies, so the hardest part for me is making him lose weight quickly, and then getting him to put it back on without his body looking like hell," says Knight.

Hemsworth lost 30 pounds to play an F1 driver in Rush, and then had to put it right back on in time for Thor.

"So I always try and simulate that same workout in order to maintain his body shape in the long-term."

The maintenance workout designed by Knight specifically for Hemsworth revolves around three 20-minute sessions, which he does up to five times a week.

"My system is effective, and means you don't have to go out and do things that are going to tear up your body — like too much running or heavy weights," Knight said.

"The workout starts off



The workout has clearly paid off. WALT DISNEY

slow and finishes with a fury. On some days, you're going into the time under tension method, which is where you're using really heavy weights to tire your core and kettle bells. On other days, you might be doing double kettle bells, or working with a heavy tire, and finishing with a cardio blast."

### The Chris Hemsworth maintenance workout

If, like Hemsworth, you're already in shape, then this

workout is going to keep your body strong. And it's all about big lifts.

"The idea is that you continually rotate body parts: so, one day you work your chest, the next day your back, then your shoulders, and then you go back to your chest, and so on. But you'll always be working the hips and the legs — they're the largest muscles in the body, and unless they get stronger, nothing else can," says Knight.

You're sometimes going to hit the same part twice in that week, sometimes once, but you're always going to start fresh again on Monday.

The workout is complicated, and unless you're think-

### What's on Thor's plate?

When it comes to food, you need structure. Knight recommends you keep your diet clean by sticking to complex carbs, lean protein and healthy fats.

- **The protein.** Chicken, fish, plant-based protein powder, whole eggs.
- **The carbs.** Oatmeal, green vegetables, brown rice, sweet potato and very little fruit.
- **The fat.** Grass fed butter, coconut oil, avocado.

ing of auditioning for Thor 3, you don't need to go into so much detail. Here's the dummy version of the Chris Hemsworth maintenance workout.

### Monday

#### Chest day

You'll have rested on the Sunday, so today is a big barbell day. Your body is going to be torched.

#### Workout highlights

Barbell squats and barbell bench presses followed by double kettlebell front squats and inclined dumbbell presses.

### Tuesday

#### Back day

You're going to be a little tired and sore from Monday. You want a total body workout that's intense, but not so hard it's going to crush your body.

### Workout highlights

An active warm-up of one-legged dead lifts, followed by back weighted pull-ups, and double kettlebell circuits to work the hips and the core.

### Wednesday

Day off

### Thursday

#### Shoulder day

This is a big day as you're coming off from recovery. Go back to your barbells.

#### Workout highlights

An active warm-up of dead lifts and strong man log presses followed by light squats and thrusters. Finish with ropes gone wild.

### Friday

#### Chest day

100 per cent dumbbell day. Give it a quick pump.

#### Workout highlights

Inclined dumbbell presses with squats, followed by push up circuits and kettlebell snatch.

### Saturday

#### Back day

This is a "show me what you've got left" day.

#### Workout highlights

Unweighted pull-ups, dead lift heaven balls and a metabolic cardio circuit, followed by jump ropes.

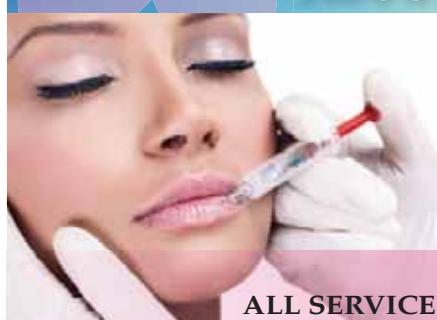
### Sunday

Day off.

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# What do you mean there isn't two O's in the word Mom?

## Tattoo mistakes.

Think Before You Ink campaign raising awareness about the number of tattoos with errors in them

KIERON MONKS

Metro World News

Whether declaring love for the wrong person, or announcing a medical condition rather than a profound philosophy, an epidemic of tattoo mistakes are horrifying the body art community.

The worst type is foreign-language messages, for which over 60 per cent carry errors, according to translator and interpreter Sharon Stephens, who has set up Think Before You Ink, a campaign designed to avoid such awkwardness.

## Was it an especially disgusting tattoo that encouraged you to launch the service?

Numerous really; there is huge demand for foreign language tattoos and I have seen some nightmares.

I thought there needed to be a service that allowed



David Beckham is no stranger to tattoos, but he got his wife's name wrong here in Sanskrit.

LINTAO ZHANG/GETTY IMAGES

people to check and make cancellations, as there was nothing before.



Chinese symbols are a common tattoo mistake. CONTRIBUTED

## What are the most common or worst mistakes?

Chinese seems to be the main one. There was one man who thought he had "prosperity" but it was "diarrhea," another wanted "love and charity" but got "sweet and sour chicken." Since the campaign began people have approached us with more errors. David Beckham got his wife's name wrong in Sanskrit, and one man annoyed a Chinese tattooist, who wrote "cheapskate" on his arm.

## Interesting. So are the artists to blame?

They know what they are putting on, but people need to be aware that literal translations are often totally wrong so they need to be clear on the meaning. One

## Tattoo mistakes

Do you have tattoo mistakes that you're embarrassed by?

- Online. Find out more about the campaign at [veritaslanguagesolutions.com](http://veritaslanguagesolutions.com).

artist told me he would always get a local Chinese restaurant to do translations.

## Is the problem also that people get tattoos when they're trashed and not thinking straight?

Western people seem to consider languages like Chinese to just be pictures rather than words, so they don't really consider the meaning. More than six out of 10 are wrong. The smart ones check first.

## Besides language, many tattoos are offensive for esthetic reasons. Will you support a campaign against these?

I agree, but we can't do much about that. People need to take responsibility, as a mistake can be devastating.

## Best Health

## Delicious dynamic duos



BEST HEALTH MINUTE  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

At Best Health, we regularly look into the latest research on food science and how certain healthy foods work together to provide even more nutritional punch. We call these dynamic duos, and in our October Eat Well issue you'll find the latest instalment featuring these powerful food pairs.

## Kale and walnuts

Together, they safeguard eye health. Kale and other dark

leafy greens contain lots of lutein and zeaxanthin, a dynamic antioxidant that protects against cataracts and macular degeneration, both of which are leading causes of blindness.

The antioxidants are deposited in the retina, where they reduce sunlight damage.

You can bolster their absorption by eating leafy greens with some healthy fats such as walnuts.



## Side dish idea

Stir-fried kale with toasted walnuts.

## Sweet potato and black pepper

Together, they help ward off cancer. Beta-carotene, an antioxidant in sweet potatoes, squash and carrots, has been shown to help reduce the risk for certain cancers, including breast and uterine, by limiting oxidative cell damage.

A 2009 study shows that black pepper improves the intestinal absorption of beta-carotene.

## Healthy dip

Roast a couple of sweet potatoes: pulse in food processor with black pepper, ginger and a little olive oil and orange juice.

## Beets and Eggs

Together, they help maintain brain function.

## Walnuts and kale make a healthy pair.

ISTOCK PHOTOS

tion.

The nutrient betaine — which is high in beets and spinach — paired with choline, abundant in egg yolks and in liver, are a dynamic duo. Why?

A 2010 study found pairing them up can lower blood levels of homocysteine. That's a good thing, because elevated levels of homocysteine, an amino acid produced in the body, has been linked with a decrease in brain health as we age, and is shown to raise heart-disease risk.

## Recipe idea

Roast cubes of peeled beet in vegetable oil in a 400 F oven for 20 minutes. When cool, toss with chopped romaine lettuce, crumbled feta, and an olive-oil dressing. Top with slices of hard-boiled egg.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO [BESTHEALTHMAG.CA](http://BESTHEALTHMAG.CA), OR CHECK OUT OUR IPAD APP.

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CANADIAN  
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# Fried, spiced and everything nice

**Fried Spiced Eggplant with Cucumber-Garlic Sauce**



**This recipe serves six.** MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Heat the oven to 350 F. Sprinkle the eggplant slices lightly on both sides with salt. Transfer to a large colander, then set in the sink and let drain for 15 minutes.

2. Meanwhile, in bowl combine the flour, cumin, paprika and cayenne. In a second bowl, whisk egg and water. In third bowl, place the bread crumbs.

3. Pat eggplant slices dry. One at a time, dip each slice first in flour, shaking off excess, then the egg, letting the excess liquid drip off, then the bread crumbs, knocking off the excess crumbs (they will clump).

4. In skillet over high, heat 1 1/2 tablespoons of oil. Add eggplant slices, reduce heat to medium and cook until golden, about 2 minutes. Flip slices, add remaining tablespoon of olive oil and cook until golden on the second side, about 2 minutes.

## Ingredients

- 1 small eggplant (1/2 pound and about 2 inches wide), cut crosswise into 1/3-inch-thick slices
- Kosher salt
- 2 tbsp all-purpose flour
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/4 to 1/2 tsp cayenne
- 1 large egg
- 1 tbsp water
- 1 cup panko bread crumbs
- 2 1/2 tbsp extra-virgin olive oil, divided
- 2-inch piece seedless cucumber
- 1/2 cup fat-free plain Greek yogurt
- 1 small clove garlic, minced

5. Transfer the slices to a sheet pan. Bake on the oven's middle shelf until the slices are tender, about 15 minutes.

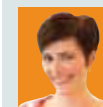
6. While the eggplant is baking, grate the cucumber on the coarse side of a grater. In a small bowl, combine the grated cucumber with the yogurt, gar-

lic and a bit of salt.

7. To serve, transfer the eggplant slices to a platter and top each with a generous spoonful of the yogurt sauce. Sprinkle with parsley. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

## Health Solutions

### Eggy truth



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

You know by now that the whole eggs are bad for your cholesterol thing is a myth. Except for extreme cases, an egg a day is perfectly healthy and it brings with it omega 3 fat, protein and brain protecting choline.

These days, though, you can spread your wings and try more than the run of the mill hen variety. Check these out:

• Lisa Hill of Pheasant Hill Farm in Owen Sound, Ont. raises pheasant, guinea fowl, partridge and duck eggs. All of her birds can "dust bath, chase and eat bugs, scratch in the gardens, spread their wings out in the sunshine or fly up and

perch in a tree," which provides them a broader variety of nutrients. You have to find her or another farmer like her at their farm gate or farmers market, though.

• Quail eggs are tiny, pretty additions to any dish and they are said to be more concentrated in nutrients. Likely a poor and expensive choice for an omelet but chefs suggest their use as a garnish.

• Duck eggs are more widely available, richer and bigger versions of the chicken egg. Found in specialty shops, Asian markets or high end grocers, these large, oily yolked options will make the best fried egg sandwich any brunch can muster. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER**

**AND FOUND DAILY AT MY-FRIENDINFOOD.COM**



# Time to head back to the cabbage patch

A mix of high-tech toys and old classics are predicted to be the most popular playthings of the season, but what will emerge as the ultimate must-have over the holidays is anyone's guess.

The Canadian Toy Association revealed some 100 items in its annual Hot Toys for the Holidays showcase, saying the crowning of the season's absolute favourite will come

only after children declare their top choices.

"There's a lot of different hot properties this year and so really it depends on the interests of the child. But rest assured there's always some sort of craze that happens in December," said association president Kerry George.

"We just let children just come and play and experiment and test them out and

see what they're actually really interested in."

The toys highlighted by the association are a selection of what manufacturers think are going to be popular among children of all ages and interests.

For those who like items with a modern edge, there are a selection of learning tablets, a kid's DJ set with a downloadable app (EZ Pro DJ)

and tech-savvy play sets like the Rock Stage which, once constructed, can be hooked up to an MP3 player to blast a child's favourite tunes from built-in speakers.

"Technology seems to be permeating throughout all the toys nowadays," said George.

For those who prefer sticking to the tried and true, a number of longtime classics

## Online

- A full list of the hot toys for the holidays can be found at [cdntoyassn.com](http://cdntoyassn.com).

ing their 30th anniversary, Holiday Barbie, who turns 20 and has a new gown, and even the iconic Chatter Phone, which has been upgraded to incorporate memory and matching games.

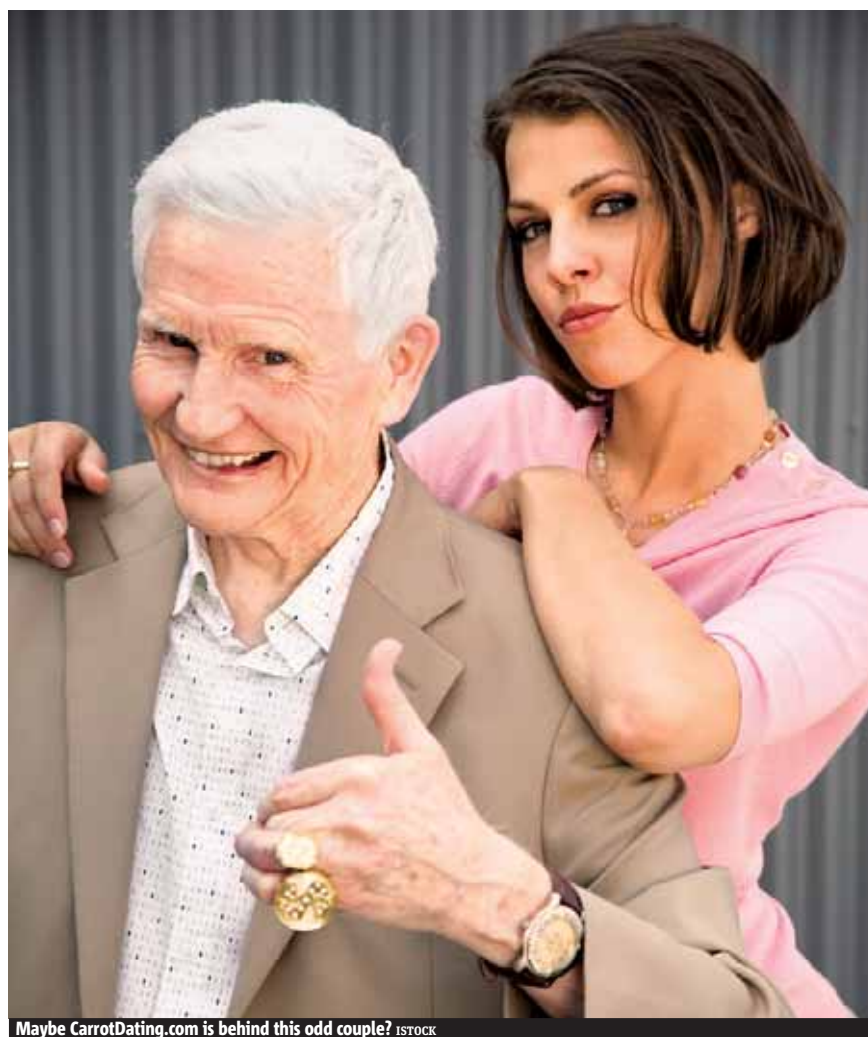
A number of items on the list also feature old-fashioned wooden toys and a lot of "barn and animal play," said George.

THE CANADIAN PRESS

have received an upgrade and are making a comeback.

There are Cabbage Patch Kids dolls, which are celebrat-

# Hey baby, wanna earn dinner tonight?



Maybe CarrotDating.com is behind this odd couple? ISTOCK

## CarrotDating.com.

Brandon Wade's newest app — which lets users bribe their way to a date — has stirred up some controversy

MICHELLE CASTILLO

Metro World News

MIT grad Brandon Wade — king of controversial dating apps — has a new one stirring up controversy: Carrot Dating. CarrotDating.com allows men and women to offer incentives — called "bribes" — to one another in order to snag a date. While some incentives are as innocent as flowers or dinner, others include a big trip or plastic surgery.

This comes on the heels of Wade's other ventures, sites like SeekingArrangement.com and WhatsYourPrice.com, which hooked up rich men with willing women. Wade insists this isn't prostitution, nor sexist. In fact, 25 per cent of the bribes are initiated by women, he claims. We asked him more about the slippery slope.

### So Carrot Dating is...?

Carrot Dating really is bribing somebody for a date. I think when you look at most of my other dating websites, they were founded primarily from my mother's advice because I

was really shy and sort of awkward. My mom saw that, and she basically told me to focus on my school. She said, "Some day when you're successful, you'll be generous and turn those around, when it comes to the dating game." Until I graduated, I was still struggling and still had the constant fear of rejection. I would never walk up to woman and use a pick up line. It's not my thing.

### What you call generosity could be confused with prostitution. Do you agree?

How does generosity equal prostitution? That's a really long stretch! Prostitution is literally paying for sex. In this case, sex cannot be expected. It's something people obviously aspire to, especially on a dating site — they look for someone they share chemistry with. When you look at Carrot Dating, when you look at the most popular types of offers that people have been offering and accepting — the first one being flowers, the second one being dinners — that's what

people do nowadays anyway.

### So why are critics calling the site misogynistic?

(Laughs) Maybe because we called it bribes, as opposed to incentives. Even incentives would be a little bit edgy. I think if we had called it something else, maybe something a little bit less playful or controversial, it wouldn't have caused as much of an uproar.

### Have you ever used any of your websites?

I created Seeking Arrangement because I was just so frustrated with dating. I created that for myself. I was a user; had the very first profile on there.

### Did you meet her through a dating website or traditionally?

Traditional, I guess. She applied for a job, and we hired her, and I was working with her, and we kind of started dating and we fell in love and that's kind of the story. In a way, it was because of the websites that I built.



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Research the kind of jobs posted by various temp agencies, and if a number of them match your skill set, contact the agency to ask about setting up an interview with a recruiter. ISTOCK

# Why the temp life may be right up your alley

**Employment.** Makeshift work has a bad rap, but it can prove useful for a variety of job seekers



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

Does any of the following describe you?

- Self-employed with some hours to spare.
- A stay-at-home parent not ready for a full-time job.
- A young worker with skills but little experience.
- In-between permanent jobs.
- A retiree still eager to work.

If one of these profiles fits, then you might be perfect for the temp world. "Temporary work is also a good fit for any-

one looking to gain additional experience and skills or obtain experience in a new field," says Shari Angle, Toronto-based vice president with Adecco, Canada's largest temporary recruitment agency.

There are temp agencies specializing in every industry and skill set from labourers to scientists. Not surprisingly, demand is tied to the economy.

"The temporary staffing market across Canada has fall seasonal demand in the areas of distribution, logistics, and warehousing which specifically drive temporary hiring in geographic areas near airports and ports of entry," points out Angle.

Wherever there is a strong economy and low unemployment, such as in Saskatchewan and Alberta right now, the availability of temp positions rises.

In Wild Rose country, for instance, there's a strong need for workers in a many areas

## The upside of temping

**"I've had great assignments and lousy ones. But I always know they will come to an end."**

Calgary computer programmer Terri McGinnis

that support the oil and gas industry.

Temp workers can also be in demand during a poor economy because employers are reluctant to hire full time staff.

Temp work can lead into a career. Dawn Johnson, for example, took a handful of placements as a health-care accountant.

Her most recent assignment lasted 18 months and then turned into a full-time job in Columbus, Ohio.

For some, the appeal of temp work is that it's, well, temporary. Calgary computer programmer Terri McGinnis travels with her husband on his contracts around the world

as a forestry consultant. "I've had great assignments and lousy ones," she laughs, "but I always know they will come to an end."

As with seeking any kind of work, the best place to start is a well-crafted resume and reference letters. Angle stresses that people should research the kind of jobs posted by various agencies. If a number match your skill set, contact the agency directly to inquire about an interview with a recruiter.

The first few positions can take a bit of time, but once you've established yourself as a reliable employee, an agency will be eager to keep you busy.



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# MRU HOSTING INFORMATION NIGHT

**PLAN TO ATTEND  
ON NOV. 26**

Many people want to take continuing education courses for professional development, career change, employer request and/or personal interest, but may not know where to begin.

Mount Royal's free continuing education information night Nov. 26 will demonstrate how you can build careers, interests and skills with continuing education programs.

Whether you are planning to take courses next semester or next year, you can get information and advice before they start.

More than 500 individual continuing education classes are offered every semester at MRU, across all sectors in business, industry, health care, social services and education.

Classes are developed for busy working adults, with many classes taking place in the evening, on the weekend and, increasingly, online.

Prospective students can have their



CONTRIBUTED

questions answered and meet industry experts and instructors during the information night.

They can also find out about career prospects in the field in which they are interested, and how to get a foot in the door, including some of the more popular programs such as project management, supply

chain management and business analysis.

The information night will take place at The Roderick Mah Centre for Continuous Learning from 5-8 p.m., with information booths and staff on hand to speak to attendees.

Instructors will lead several program-specific information sessions and there may

be facility tours and online registration demos. People can attend on a drop-in basis, there is no need to register in advance.

Attendees can enter to win one of the four door prizes of a \$250 gift of registration toward a continuing education course.

For more about the information night, visit [conted.mtroial.ca/infonight](http://conted.mtroial.ca/infonight).

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# STAYING CURRENT WITH NURSING SKILLS

## MRU HAS TWO NEW CERTIFICATE PROGRAMS

Even for those who are currently working in a field for which they were trained, you must stay on top of new trends, technology, and techniques.

Two new online neonatal and perinatal nursing extension certificate programs at Mount Royal University are designed for graduates with a diploma or degree in nursing who are interested in specializing in neonatal or perinatal care.

"Professional development is essential to allow nurses to stay current in their field of practice and enhance skills and knowledge to increase career options," says Tammy Cross, program administrator, community and health studies, faculty of continuing education and extension, Mount Royal University.

"The neonatal curriculum focuses on the learning needs of the health-care team member who provides care to the

vulnerable newborn population, while the perinatal curriculum specifically focuses on the child-bearing continuum."

These specialized programs will provide students with the skills to assess, analyze, plan and implement holistic, individualized nursing care in collaboration with the family and other health-care providers.

"Students will demonstrate effective methods of problem-solving and decision-making that reflect current knowledge of psychological, physiological, sociological and nursing concepts applicable to the care of the patient," Cross says.

Many hospitals with Level 2 and 3 neonatal care employ a large number of neonatal nurses, while perinatal nurses practise in hospital acute care units, breast feeding clinics, community health-care units, and childbirth education programs.



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"Whether currently working in the field, or hoping to enter it, this program can optimize opportunities for graduates to find work in community, regional and tertiary care hospitals or in community programs that provide health care to neonatal, perinatal or pediatric patients," Cross says.

Students must complete four required

courses, including a 210-hour clinical experience course.

All courses are taught by registered nurses with perinatal and neonatal experience and expertise.

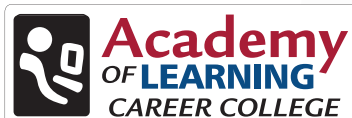
Registration for these new online certificates begins Nov 12. For more information, visit [conted.mtroyal.ca/neonatal](http://conted.mtroyal.ca/neonatal) or [conted.mtroyal.ca/perinatal](http://conted.mtroyal.ca/perinatal).

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available for students in any of these fields are growing.

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of large corporations, and municipal, provincial and federal courts.

Business administration has a number of fields from which to choose when applying to jobs, including finance, banking, marketing, accounting, management, and human resources.

Another benefit of ABM College is the small class sizes, which allow students individual attention and training.

ABM College is a great launching pad for you to jump-start a new career.

For more about these programs, visit [abmcollege.com](http://abmcollege.com).

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General office administration programs at Academy of Learning Career College prepare graduates for almost any professional situation and have elective options for a large degree of specialization.

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"Academy of Learning Career College has been at the forefront of office and business education since the very beginning, nearly 30 years

ago," says Charles Jarvis, general manager for Academy of Learning. "With certificate and diploma programs ranging from 18 to 51 weeks, Academy of Learning has the right option for everyone."

All of these programs are open for new enrolments every week, and will have students graduated and ready with the skills employers are looking for in less than a year.

Academy of Learning is a business and career college that offers diplomas in a variety of programs in less than a year, in fields that are in demand for both individuals and



MONKEY BUSINESS IMAGES/SHUTTERSTOCK

employers, such as health care, business, office administration, IT, web design, accounting, and many more.

Academy of Learning graduates boast a 97 per cent employment rate in areas for which they were trained.

For more information about Academy of Learning Career College campuses in Alberta, visit [academyoflearning.ab.ca](http://academyoflearning.ab.ca).



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**INFO NIGHT, NOV. 26, 5-8 PM**

CONTINUING EDUCATION

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# BOW VALLEY OFFERS FLEXIBLE SOLUTIONS

The school of business at Bow Valley College is dedicated to helping the Calgary corporate community facilitate the professional development of its employees.

“We pride ourselves in our ability to foster positive learning environments with an emphasis on lifelong education delivered by an experienced team of industry professionals,” says Dr. David Allwright, dean of the school of business at Bow Valley College.

The school of business can provide clients with flexible instructional solutions through convenient scheduling alternatives and tailored programming through its workforce and development and corporate training solutions.

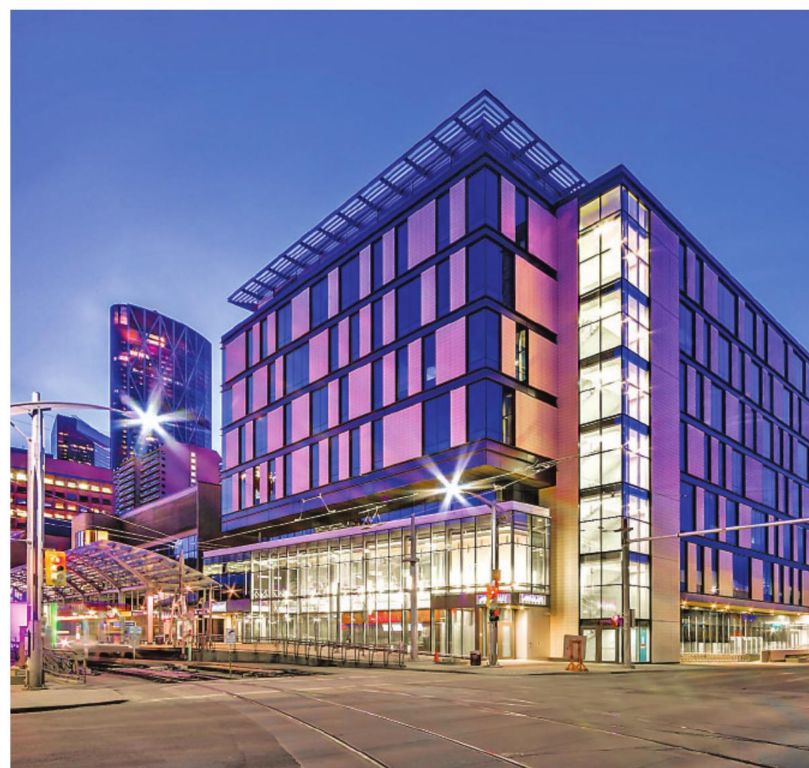
“Our mission is to contribute to the vitality of communities and strength of the economy through innovative adult education programs and services, which equip learners for successful living, life-long education opportunities, and work in

a global knowledge-based environment,” Allwright says. “Together with government, a network of partners and the community, Bow Valley College has become a centrepiece of collaboration, helping to provide more education solutions to Alberta’s learners.”

Bow Valley College and, specifically, the school of business, has worked closely with the regional business community for many years and has gained immense experience by listening and reacting to the needs of this dynamic community.

“The school of business at Bow Valley College has just completed the formalization of programs we have actually been offering for years,” Allwright says. “We have finalized and formalized the development of a suite of professional training modules that can be delivered to multiple clients in a workshop setting offered at our downtown and regional campuses.”

Bow Valley has also formalized its



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customized training solutions to address specific training needs of a business or organization, and the school of business has developed several certificate programs for companies in leadership, project manage-

ment, travel management and communication strategies.

For more information about the school of business at Bow Valley College, visit [bowvalleycollege.ca/conted](http://bowvalleycollege.ca/conted).



**UNIVERSITY OF CALGARY**  
CONTINUING EDUCATION

## TEACH ENGLISH AS A SECOND LANGUAGE IN CANADA OR ABROAD.

Interested in teaching second languages in Canada or overseas? Continuing Education’s Teaching Second Language (TSL) Certificate can help you reach that goal. With the exception of an optional practicum, the program is completely online. Two specializations, are available:

- Teaching English as a Second Language (TESL)
- Teaching International or Heritage Languages (TIHL)

The TSL Certificate with a specialization in teaching ESL can be applied toward TESL Canada certification. With both of these credentials on your resume, you will be well qualified for any teaching position in Canada or abroad.



**Mrinalini Almeida, Graduate.**  
Teaching Second Language Certificate



# STUDY MASSAGE AT MH VICARS

If you have been thinking about one of the front-line health professions but are worried about shift work and stress, consider becoming a professional massage therapist.

You will work effectively with your clients to help them stay well or to recover from injury as an registered massage therapist (RMT). As an MH Vicars graduate, you will be in great demand from employers, or be well-prepared to set up your own business.

The school's 2,200-hour diploma program follows the highest national standards to prepare you to work anywhere in Alberta and



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Saskatchewan, and to challenge the registration exams in Ontario or B.C. You can do all this without having to give up your day job with the school's independent learning program

Monthly classes meet Thursday

through Sunday once a month in Edmonton or Calgary. The curriculum has been specifically designed for students who need to balance their education with work and family.

MH Vicars always has time to talk about working as a massage therapist, and how choosing the right program can be the first step to success in your new career. The next monthly classes begin in January for graduation in June 2015. Call Rachel at 1-866-491-0574 or email [info@mhvicarsschool.com](mailto:info@mhvicarsschool.com) for your free career information package or to book a school tour.

## INCREASE YOUR EMPLOYABILITY WITH COURSES AT ABM COLLEGE

Technology, along with the job market, is constantly evolving, which makes the desire for adults to pursue education more prominent.

Individuals actively seek further education to improve their skills to increase their employability in the workforce, change careers, or increase wages.

Statistics Canada argues that the recession of 2008 is considered a factor in increasing the demand for continuing education enrolment among Canadians.

Many continuing education

programs have become available throughout Alberta, including ABM College of Health and Technology offering industry and technology driven courses to meet the growing demand of adult learners.

ABM College of Health and Technology offers a number of different programs driven by the demand and evolution of the job market in Calgary.

ABM College has a variety of health-care professional programs for students to gain the necessary skills to quickly and effectively enter the workforce in a new and





DEAN DROBOT/COLOURBOX

rewarding career.

Some programs that ABM College offers in the field of health care include health-care aide, medical laboratory assistant, and medical office assistant. Many of ABM's graduates are employed immediately in their field.




For more information, visit [abmcollege.com](http://abmcollege.com).





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VASILY PINDYURN/COLOURBOX

# AMBROSE TEACHES STUDENTS TO TEACH

The two-year bachelor of education (after-degree) program at Ambrose University College trains students to gain certification to teach in Alberta, as well as certification that is recognized globally.

“This program helps students form a solid foundation for launching their careers as teachers and equips them to engage in shared praxis, serve the public good through education and see teaching as a vocation or calling,” says Dr. Carrie

Nolan, assistant professor of education, Ambrose University College.

Nolan says the program is designed for students who currently hold a degree and are looking to explore teaching as a career path.

Nolan recently co-authored a chapter of a new book called *Teaching For Dissent: Citizenship Education And Political Activism* by Sarah Stitzlein.

“My contribution was co-authoring a

chapter (Chapter 7) entitled *Grounding Dissent In Hope*, which looks at defining hope from pragmatism as a foundation for good dissent,” Nolan says. “I had two primary interests in this topic — the necessity for teaching students about how to dissent well to participate in a democratic society, creating a healthy democracy, and the need for hope when trying to change circumstances for the better.”

For more, visit [ambrose.edu](http://ambrose.edu).

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[bowvalleycollege.ca/conted](http://bowvalleycollege.ca/conted)

**BOWVALLEY**  
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## FIND OUT ABOUT SAIT AT INFORMATION EVENT

While searching online for the right continuing education course is a great resource, there is nothing quite like meeting face to face with industry professionals and course instructors.

During SAIT Polytechnic's information event on Nov. 26, stop by and learn about all the upcoming programs available through continuing education.

“All the schools are represented in one space — it is one-stop shopping for continuing education,” says Lauren Bishop, earned revenue co-ordinator for the school of hospitality and tourism, SAIT Polytechnic.

“Students are able to come to the event and have a one-on-one conversation with the appropriate person about their interests and how to achieve their educational goals.”

These events are a great place for anyone looking to broaden their skill set.

SAIT offers a wide variety of courses and programs, including accounting programs to one-night cooking classes and 16-week fast-track programs to weekend project management courses.

The event takes place from 4-7 p.m. in the Stan Grad Centre — registration is available online at [sait.ca](http://sait.ca).

For a list of SAIT programs, view the winter/spring continuing education calendar at [sait.ca/programs-and-courses.php](http://sait.ca/programs-and-courses.php).

# PROGRAM PAVES WAY TO TEACH ESL

## CONTINUING ED AT U OF CALGARY

Calgarian Mrinalini Almeida is looking forward to teaching English as a second language and helping immigrants make a smooth transition to Canada.

To reach her goal, she is pursuing continuing education's online program, teaching second languages specializing in teaching English as a second language, Level 2.

"I love Canada and I'm passionate about helping other immigrants make their transition to this country," Almeida says. "A few years ago, my husband and I moved to Montreal. I couldn't speak any French, so I learned what it feels like to be a newcomer and not be able to understand the local language."

Before moving to Montreal, Almeida had lived in Calgary for six years. It was her first Canadian home after immigrating from India.

Going online didn't worry Almeida.



Mrinalini Almeida

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"I had already done online courses with continuing education and knew they worked well for me," Almeida says. "I like being able to work on my own schedule, and I've never had any technical problems."

"The courses are always well-organized and the instructions are very clear. The discussion boards are my favourite part. I like hearing what other people are doing and what they are learning."

Almeida also plans to earn TESL Canada certification.

With both credentials on her resumé, she will be well-qualified for teaching positions in Canada or abroad.

The continuing education certificate was designed to correspond with the TESL program since many teaching positions, especially overseas, often require TESL Canada certification.

"I have enjoyed the courses very much, which confirms for me that I've made the right choice," Almeida says. "I come from a family of teachers, so I think it's a good fit."

To learn more about the teaching second language certificates with specializations in teaching English as a second language or teaching international and heritage languages, go to [conted.ucalgary.ca/tsl/](http://conted.ucalgary.ca/tsl/) or call 403-220-2988.

The teaching second language program is one of several online certificate programs available. To learn more about online learning through University of Calgary continuing education, go to [conted.ucalgary.ca/learn/](http://conted.ucalgary.ca/learn/).


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Join us to find out about upcoming evening, weekend and online courses available to help you develop the professional skills you need.

Find out more:

**Continuing Education Info Night**  
 Tuesday, November 26, 4:00 pm - 7:00 pm  
 Atrium, Stan Grad Centre, main campus

**Visit [SAIT.CA](http://SAIT.CA)** for more information on our career development and professional courses.

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# Bears lay beating on Rodgers and Packers

**NFL.** Green Bay lose starting QB, then game to division rivals

The Chicago Bears have a better insurance policy than Aaron Rodgers and the Green Bay Packers.

Josh McCown, playing in place of the injured Jay Cutler, threw for two touchdowns Monday night as the Bears won 27-20 and ended a six-game skid to their NFC North rivals. The loss snapped Green Bay's four-game winning streak, but the far larger concern is the health of Rodgers, who hurt his left (non-throwing) shoulder when he was sacked on the first series by Shea McClellin.

Rodgers took a few warm-up throws with backup Seneca Wallace but, after being examined by medical staff, ran into the Green Bay locker-room. He wasn't seen again until midway through

Monday Night Football

27	20
Bears	Packers

the third quarter, when he came back onto the field in sweats. Though he waved to fans with his right hand, and didn't appear to be wearing a brace, he kept his left hand jammed in his pocket.

The win pulls the Bears into a three-way tie for first in the NFC North with Green Bay and Detroit, all at 5-3. The loss spoiled another big night by Green Bay rookie Eddie Lacy, who ran for 150 yards and a touchdown.

Green Bay was already playing without sackmaster Clay Matthews (thumb), tight end Jermichael Finley and wide receiver Randall Cobb (leg). **THE ASSOCIATED PRESS**



Shea McClellin of the Bears tackles Packers quarterback Aaron Rodgers on Monday night in Green Bay. MIKE MCGINNIS/GETTY IMAGES

CFL

## Three Stampeders ruled out for West Division final

The Calgary Stampeders will be without three starters for the CFL's West Division final Nov. 17 because of injuries suffered in the final regular-season game of the season.

Defensive linemen Micah Johnson and DeMonte Bolden both injured knee ligaments and receiver Marquay McDaniel sustained a high ankle sprain. All three players were injured in the first half of Friday's 26-7 loss to the BC Lions in Vancouver.

The winner of the game taking place at McMahon Stadium advances to the Grey Cup on Nov. 24 in Regina. **THE CANADIAN PRESS**

CFL

## Garrett named Week 19's top offensive player

Saskatchewan Roughriders running back Chris Garrett is the CFL offensive player of the week, rushing for 152 yards and a touchdown on the final week of the regular season.

Garrett scored his eighty-yard touchdown in the third quarter, which gave the Roughriders a 17-13 advantage. It wasn't enough for Saskatchewan, as the Edmonton Eskimos won the game 30-26.

Edmonton linebacker Rennie Curran and kick returner Jamal Miles won the defensive player and special teams player of the week, respectively.

B.C. running back Andrew Harris was named top Canadian. **THE CANADIAN PRESS**



Red Wings goalie Jimmy Howard knocks the puck away as the Jets' Olli Jokinen closes in on Monday night in Winnipeg. GETTY IMAGES

## NHL. Jets clip Wings to end losing ways

Matt Halischuk scored the winner and his first goal as a Winnipeg Jet Monday as the Jets snapped a three-game losing streak with a fast-skating 4-2 win over the Detroit Red Wings.

Bryan Little, Michael Frolik and Andrew Ladd also scored for the Jets (6-8-2).

Henrik Zetterberg scored his eighth of the season for Detroit (9-5-2), and Danny DeKeyser scored his first NHL career goal.

The Jets repeatedly took it to the Detroit net in the first period, outshooting the Red Wings 14-9 and scoring with just a minute left on a breakaway. They ended the game ahead 4-2.

Little opened the scoring when he got the jump on defenceman Kyle Quincey for a breakaway on Jimmy Howard. It was Little's team-leading eighth goal of the season.

After DeKeyser put the Red Wings ahead 2-1 midway

through the second period, Frolik popped in a pass from Mark Scheifele to make it 2-2.

A perfectly positioned Edmonton put the Jets ahead at 4:26 of the third when he one-timed a pass from Frolik, who fed it from behind the Detroit net.

Ladd backhanded a loose puck past Howard at 10:57 of the third to give the Jets some breathing room.

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The Eskimos fired head coach Kavis Reed on Monday after three seasons in Edmonton. FRANK GUNN/THE CANADIAN PRESS FILE

# Hervey reflects on Esks' coaching woes

**CFL.** Edmonton GM says team's next skipper will be 'more detailed and structured'

Saying the Edmonton Eskimos are at a critical stage for their future, general manager Ed Hervey fired head coach Kavis Reed on Monday and said he will bring in a new man who is more like himself.

"It is my feeling the club is at a stage that is critical to our on-field expectations and this move was necessary," Hervey said hours after he informed Reed he was gone after three years as head coach. "I have confidence this decision will give our club its best opportu-

## Ed looks ahead

"I believe when I appoint the next head coach he will have all the qualifications that I want for this team."

Edmonton GM Ed Hervey

ity to compete at a high level heading into the 2014 season."

Hervey said his plan is to appoint a head coach who will bring a structured environment, a unified coaching staff and have the ability to develop players. The first-year GM said he's looking for a coach who could bring the best staff with him, but added he has not spoken to the current Eskimo assistants about their future.

"It's going to be a very thor-

ough and methodical process and I'm going to choose the right coach," he said of the search. "Not the right fit, but the right coach. I'm going to get someone who is a little bit more like myself, a little more detailed and structured and not really looking to spend a lot of time with you guys, more time developing the football team."

Reed took over the Eskimo coaching job in 2011, leading them to an 11-7 record, second in the CFL West, and was a finalist for coach of the year. In 2012 their record fell to 7-11 and this year they were 4-14, one of the worst records in franchise history.

Hervey, who didn't speak to the media for much of the season, said he's "not certain" there was much Reed could have done this year to save his job. **THE CANADIAN PRESS**

## NBA

### Cavs avoid collapse vs. Timberwolves

C.J. Miles scored 19 points, Kyrie Irving added 15 and the Cleveland Cavaliers held off a late rally for a 93-92 victory over Minnesota on Monday night, handing the Timberwolves their first loss of the season.

**THE ASSOCIATED PRESS**

## NHL

### Ducks grind out win in Manhattan

Frederik Andersen made 32 saves to stay perfect in four NHL games, and Corey Perry and Kyle Palmieri scored to lead the Anaheim Ducks — finishing a season-high, eight-game road trip — to a 2-1 win over the New York Rangers on Monday. **THE ASSOCIATED PRESS**

## MLB

### Red Sox extend offers to trio

A year after an overhaul that turned a last-place team into champions, the Boston Red Sox began building for 2014 on Monday by making \$14.1-million qualifying offers to free agents Jacoby Ellsbury, Mike Napoli and Stephen Drew. **THE ASSOCIATED PRESS**

## NHL

### EASTERN CONFERENCE

#### ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	14	10	4	0	47	35	20
Toronto	15	10	5	0	48	36	20
Detroit	16	9	5	2	40	41	20
Boston	13	8	5	0	36	25	16
Montreal	15	8	7	0	41	31	16
Ottawa	14	4	6	4	42	47	12
Florida	14	3	8	3	28	49	9
Buffalo	16	2	13	1	26	49	5

#### METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	15	11	4	0	48	33	22
NY Islanders	14	6	5	3	45	44	15
Washington	14	7	7	0	44	40	14
NY Rangers	14	6	8	0	26	40	12
Carolina	14	4	7	3	27	44	11
Columbus	13	5	8	0	33	36	10
New Jersey	14	3	7	4	26	42	10
Philadelphia	13	4	9	0	21	37	8

#### Monday's results

Anaheim 2 NY Rangers 1  
Winnipeg 4 Detroit 2  
**Sunday's results**  
Dallas 4 Ottawa 3 (SO)  
Calgary 3 Chicago 2 (OT)  
Minnesota 4 New Jersey 0  
**Tuesday's games**  
**All Times Eastern**  
Dallas at Boston, 7 p.m.  
Ottawa at Columbus, 7 p.m.  
NY Islanders at Washington, 7 p.m.

### WESTERN CONFERENCE

#### CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	13	12	1	0	42	19	24
Chicago	15	9	2	4	52	42	22
Minnesota	15	8	4	3	38	34	19
St. Louis	12	8	2	2	44	29	18
Nashville	14	7	5	2	31	40	16
Dallas	14	6	6	2	37	42	14
Winnipeg	16	6	8	2	39	47	14

#### PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	16	12	3	1	52	40	25
San Jose	14	10	1	3	53	27	23
Phoenix	15	10	3	2	51	46	22
Vancouver	16	10	5	1	46	41	21
Los Angeles	15	9	6	0	43	40	18
Calgary	14	6	6	2	42	49	14
Edmonton	15	3	10	2	36	59	8

**Note:** Two points for a win, one point for overtime loss.

Edmonton at Florida, 7:30 p.m.  
St. Louis at Montreal, 7:30 p.m.  
Philadelphia at Carolina, 7:30 p.m.  
Calgary at Minnesota, 8 p.m.  
Vancouver at Phoenix, 9 p.m.  
Buffalo at San Jose, 10:30 p.m.  
**Wednesday's games**  
Pittsburgh at NY Rangers, 7:30 p.m.  
Winnipeg at Chicago, 8 p.m.  
Nashville at Colorado, 9:30 p.m.  
Phoenix at Anaheim, 10 p.m.

## MLS PLAYOFFS

#### All Times Eastern

#### CONFERENCE SEMIFINALS (two-game, total-goals series)

#### EASTERN CONFERENCE

New York vs. Houston  
**Sunday's result** — New York 2 Houston 2  
**Wednesday** — Houston at New York, 8 p.m.  
Kansas City vs. New England  
**Saturday's result** — N.England 2 Kansas City 1  
**Wednesday** — New England at K.C., 9 p.m.

#### WESTERN CONFERENCE

Portland vs. Seattle  
**Saturday's result** — Portland 2 Seattle 1  
**Thursday** — Seattle at Portland, 11 p.m.  
Salt Lake vs. Los Angeles  
**Sunday's result** — Los Angeles 1 Salt Lake 0  
**Thursday** — Los Angeles at Salt Lake, 9 p.m.

## NFL

### WEEK NINE

#### Monday's result

Chicago 27 Green Bay 20

#### Sunday's results

Carolina 34 Atlanta 10  
Cleveland 24 Baltimore 18  
Dallas 27 Minnesota 23  
Indianapolis 27 Houston 24  
Kansas City 23 Buffalo 13  
New England 55 Pittsburgh 31  
N.Y. Jets 26 New Orleans 20  
Philadelphia 49 Oakland 20  
Seattle 27 Tampa Bay 24  
Tennessee 28 St. Louis 21  
Washington 30 San Diego 24  
**Thursday's result**  
Miami 22 Cincinnati 20 (OT)

## CFL

### PLAYOFFS

#### DIVISION SEMIFINALS

##### EAST

Montreal vs. Hamilton (at Guelph, Ont.), 1 p.m.

##### WEST

B.C. at Saskatchewan, 4:30 p.m.

#### DIVISION FINALS

Sunday, Nov. 17

##### EAST

Hamilton-Montreal winner at Toronto, 1 p.m.

##### WEST

Saskatchewan-B.C. winner at Calgary, 4:30 p.m.

## NBA

#### Monday's games

Golden State 110 Philadelphia 90  
Cleveland 93 Minnesota 92  
Memphis 95 Boston 88  
Houston at L.A. Clippers

#### Sunday's results

Detroit 87 Boston 77  
Orlando 107 Brooklyn 86  
Miami 103 Washington 93  
Oklahoma City 103 Phoenix 96  
Minnesota 109 New York 100  
L.A. Lakers 105 Atlanta 103

#### Tuesday's games

Miami at Toronto, 7 p.m.  
Utah at Brooklyn, 7:30 p.m.  
Charlotte at New York, 7:30 p.m.  
Indiana at Detroit, 7:30 p.m.  
Phoenix at New Orleans, 8 p.m.  
L.A. Lakers at Dallas, 8:30 p.m.  
San Antonio at Denver, 9 p.m.  
Atlanta at Sacramento, 10 p.m.  
Houston at Portland, 10 p.m.  
**Wednesday's games**  
L.A. Clippers at Orlando, 7 p.m.  
Washington at Philadelphia, 7 p.m.  
Toronto at Charlotte, 7 p.m.  
Chicago at Indiana, 7 p.m.  
Utah at Boston, 7:30 p.m.  
Golden State at Minnesota, 8 p.m.  
Cleveland at Milwaukee, 8 p.m.  
New Orleans at Memphis, 8 p.m.  
Phoenix at San Antonio, 8:30 p.m.  
Dallas at Oklahoma City, 9:30 p.m.

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## Horoscopes

### Aries

March 21 - April 20

Try not to be too aggressive when dealing with people at work. In fact, with Venus, planet of harmony, moving into the career area of your chart today, you should go out of your way to be nice.

### Taurus

April 21 - May 21

Something you say today will have far-reaching consequences, so be on your best behaviour. Everything you put out into the world sooner or later comes back to you.

### Gemini

May 22 - June 21

You may feel you are being treated unfairly but complaining about it is unlikely to change the situation. Act as if you are completely unaffected by what other people say.

### Cancer

June 22 - July 23

Someone you meet today will tick all the right boxes. You will get along as if you've known each other for a lifetime. It's going to be a beautiful new friendship and, who knows, it may even be love.

### Leo

July 24 - Aug. 23

Don't push yourself hard today. Whatever tasks you have, there is no need to rush. This is one of those days when the world must, and will, wait for you.

### Virgo

Aug. 24 - Sept. 23

There are times when you should hold out for the best possible deal and there are times when you should compromise and this is one of the latter. Don't forget that profit is not the only thing to measure relationships by.

### Libra

Sept. 24 - Oct. 23

Today's positive cosmic influences will help you get your point of view across but don't forget that your view is one of many. There is plenty of room in this big, wide world for all shades of opinion.

### Scorpio

Oct. 24 - Nov. 22

Keep your ears open today and, if you hear a distant rumble, get yourself to higher ground as quickly as you can. There is some kind of upheaval coming and you don't want to be in the way when it arrives.

### Sagittarius

Nov. 23 - Dec. 21

You may have failed but that does not mean you are a failure. Smart people realize that failure is a brick in the wall of success. The more bricks you have, the higher you can build your dream.

### Capricorn

Dec. 22 - Jan. 20

You may feel assertive today but don't push people around you too hard because you are likely to spark some sort of rebellion. Always see partners as human beings, not mere cogs in your grand design.

### Aquarius

Jan. 21 - Feb. 19

If someone gives you a hard time over the next 24 hours, you should smile and let them see it does not bother you. They will go and find someone who is easier to annoy.

### Pisces

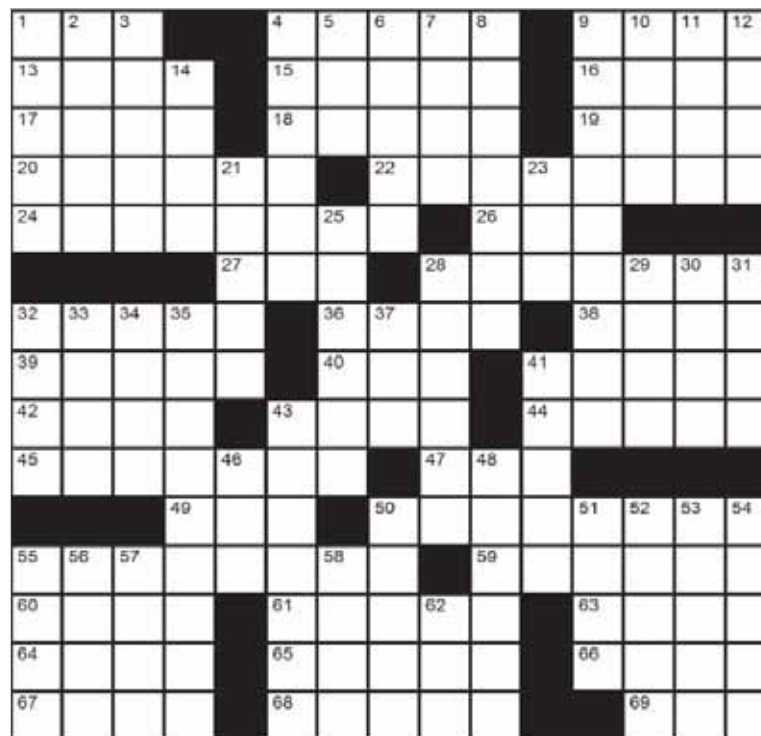
Feb. 20 - March 20

Stop worrying about things that might go wrong. It's not about what you can and cannot do, it's about your attitude to life in general. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. Mil. force that protected the Allies from U-boats in the North Atlantic during WWII
4. Junk
9. Law
13. Lightbulb moments!
15. \_\_\_ donna
16. Characters' selves
17. Mr. Julia
18. On-a-field sport
19. Bouncy-less hair
20. Typos
22. \_\_\_ Fitness (Canadian health clubs chain)
24. Saskatchewan's CFL team nickname
26. Liberace's nickname
27. Plus...
28. \_\_\_ tape
32. Barely believe
36. Wading bird
38. Rupture
39. Killer whales
40. Cul-de-\_\_\_
41. Choreographer, Bob \_\_\_
42. Count on
43. The pair
44. Skilled at crafts
45. Someone from Juneau's state
47. "Ha! See \_\_\_ care."
49. Actor Mr. Avery
50. Manitoba: Landscape features in Wapusk National Park: 2 wds.
55. Calgary-Edmonton



- \_\_\_ (Alberta region)
59. Patrick J. \_\_\_ (Questions remain over his conviction/execution for the 1868 assassination of Father of Confederation, Thomas D'Arcy McGee)
60. Sore spot, slangily
61. Ruin

63. Julia Roberts' actress niece
64. Created
65. Topic
66. Li'l thermometer reading
67. \_\_\_-a-porter
68. Sniffers
69. '\_\_\_' in Cornwall

1. More pink, as steak
2. "Cuchi-cuchi"-saying songstress
3. South Pacific island country
4. Twisted ankle injury
5. Grand \_\_\_ (Wine classification)
6. 1973: Billie Jean King's famous tennis

- opponent Bobby
7. Podium
8. "Eyes of a Stranger" band from Vancouver
9. Arcade Fire's latest album
10. Certain citrus
11. Bread's shape
12. Renaissance family name

14. Smelting waste
21. "\_\_\_ a wrap!"
23. \_\_\_Plaines, Illinois
25. 2005 Justin Timberlake movie
28. Canadian Hip-Hop artist, \_\_\_ Mee
29. 'Luck' suffix (Most fortunate)
30. Northern BC's \_\_\_ River
31. Stone hue
32. "\_\_\_ the Explorer"
33. Mr. Hershiser
34. Univ. in The States
35. Thoroughfare-of-finance in Toronto: 2 wds.
37. Cricket club
41. Country's Ms. Hill
43. \_\_\_ Family (Acting brothers)
46. Garden pond fish
48. November 5th: Guy \_\_\_ Day
50. The \_\_\_ (Journalists as a group)
51. Turn \_\_\_ red (Get embarrassed)
52. Person of ancient Mexico
53. Sci-Fi weapon, \_\_\_ ray gun
54. Breaks branches
55. Free pass, commonly
56. Man \_\_\_ (Legendary racehorse)
57. Drive
58. "\_\_\_ it seems." (That's how things look)
62. Acting aids, \_\_\_ cards

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).  
BY KELLY ANN BUCHANAN

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 2°  
MIN: -9°



MAX: 3°  
MIN: -5°



MAX: -2°  
MIN: -7°

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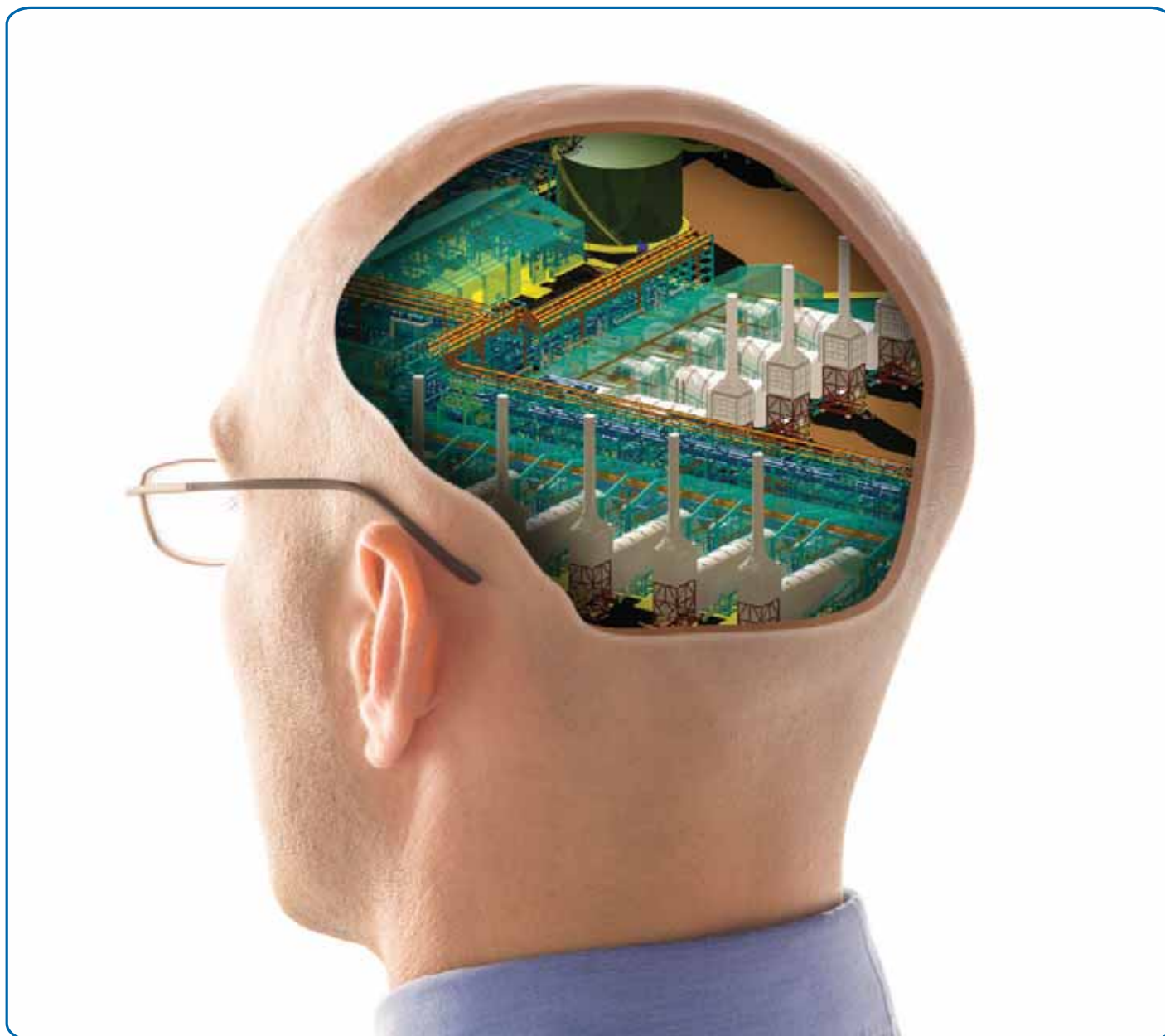
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